

# Sainsbury's magazine

APRIL 2021

## SPICED salmon AND *jewelled* rice

£3

### WHAT TO EAT FOR ENERGY

The slow-carb  
guide and  
delicious  
meal ideas

### YOU CAN DO IT!

The decluttering  
strategy that  
really works

### BEST-EVER MEATLOAF

It's what  
weekends were  
made for...



## Spring RECIPE REFRESH

- ◆ Maple mustard chicken traybake ◆ Cod with minty potatoes  
◆ Pork and fennel ragu ◆ Prawn saganaki ◆ Slow-roast lamb and more...

### Let's get BAKING

Pear tarte tatin + Earl grey  
muffins + Chai shortbread  
+ Cherry brownie  
cheesecake



ON SALE 7 APR OFF SALE 4 MAY





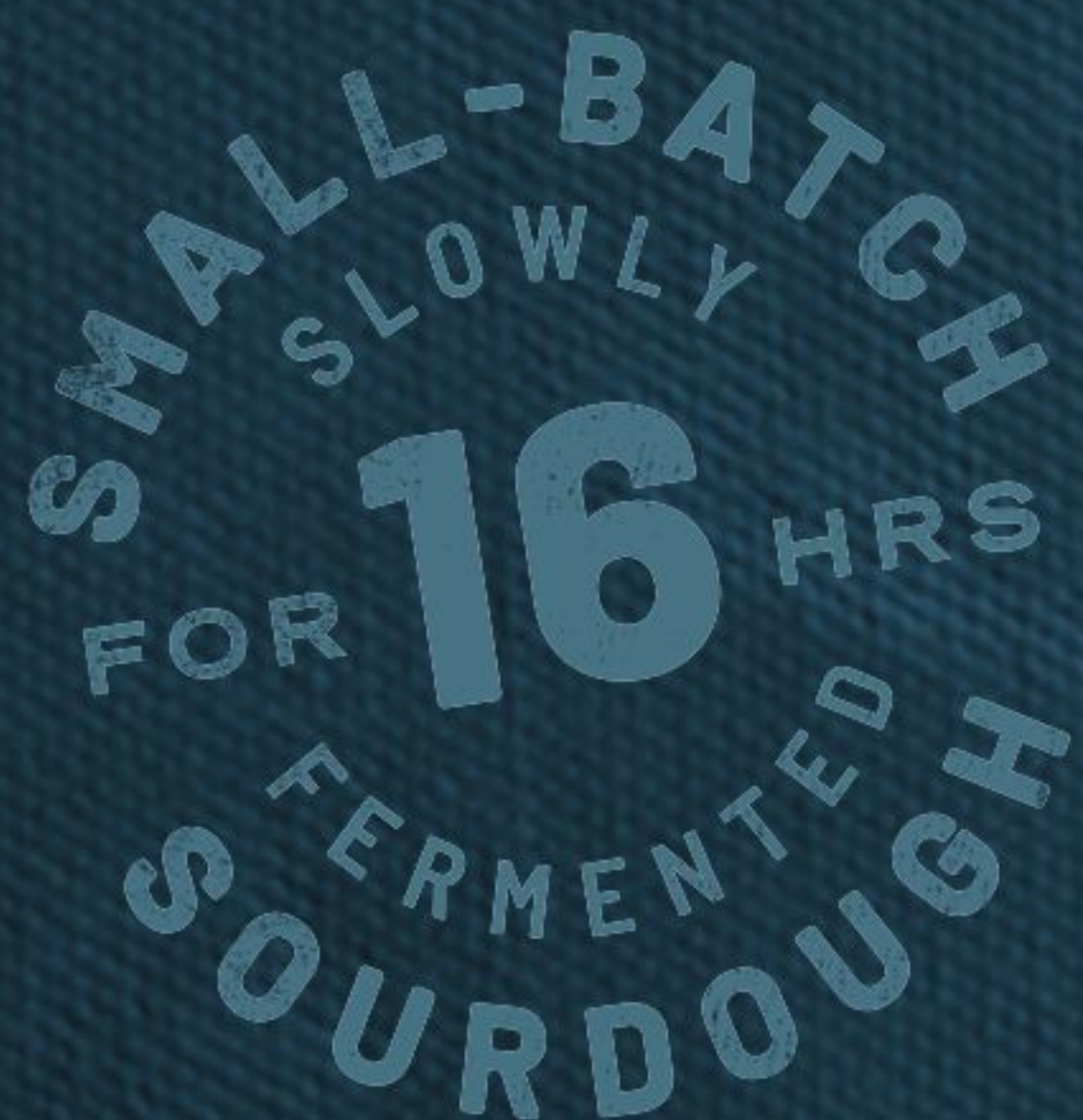
# PETER'S YARD

**We  
love**



## MAKE TIME FOR YOURSELF

Take a moment to savour the signature crunch of Peter's Yard in a new savoury snack. Crafted from our 16-hour fermented sourdough, our Bites are seasoned with all-natural ingredients for a delicious hand-baked snack with 60% less fat than potato crisps.



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Zoe Adjonyoh's coconut rice pudding takes inspiration from across the world – see page 50

# Hello



As I write this, the government has just announced the roadmap for getting us out of lockdown. Like all of you, we can't wait to meet up with our family and friends, even if it's just for a walk outside and a park picnic, and we're looking forward to the days when we can gather again in our homes. We've got everything crossed that things go as planned.

So many of you have written to tell us how cooking has helped you during the last 12 months. Pouring energy and creativity into beautiful bakes or delicious new meals and experimenting with ingredients has been a blessing. We've been blown away by how many people have been using their time to up their kitchen skills and work on their own food projects. If you've still got time to kill, then why not try one of the food projects shared with us by 'The Homemade Brigade' on page 18? Who wouldn't be impressed to eat a salad dressed with your own vinegar, or homemade butter and 'Marmite' spread on a slice of bread?

Finally, lockdown has been especially hard for everyone working in hospitality, so we're always pleased to work with chefs whose restaurants are currently closed. This month we bring you delicious inspiration from four West African cooks – do try their recipes on page 44 and reawaken your taste buds. Happy cooking.

*Helena*

**HELENA LANG** HEAD OF CONTENT

editor@seven.co.uk @helenaolivialang @SainsMagEditor

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# What's cooking?

Our at-a-glance easy to use recipe search

[SAINSBURYSMAGAZINE.CO.UK/RECIPES](https://www.sainsburysmagazine.co.uk/recipes)

## STARTERS, SIDES AND SNACKS



V Vn DF

**CARROT TERRINE  
WITH BEETROOT  
RELISH**

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V

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GF DF

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GF

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V Vn GF DF

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V ❄️

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PARCELS**

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V GF

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WITH LENTIL  
'TABBOULEH'**

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V Vn GF DF

**SALSA VERDE  
GNOCCHI**

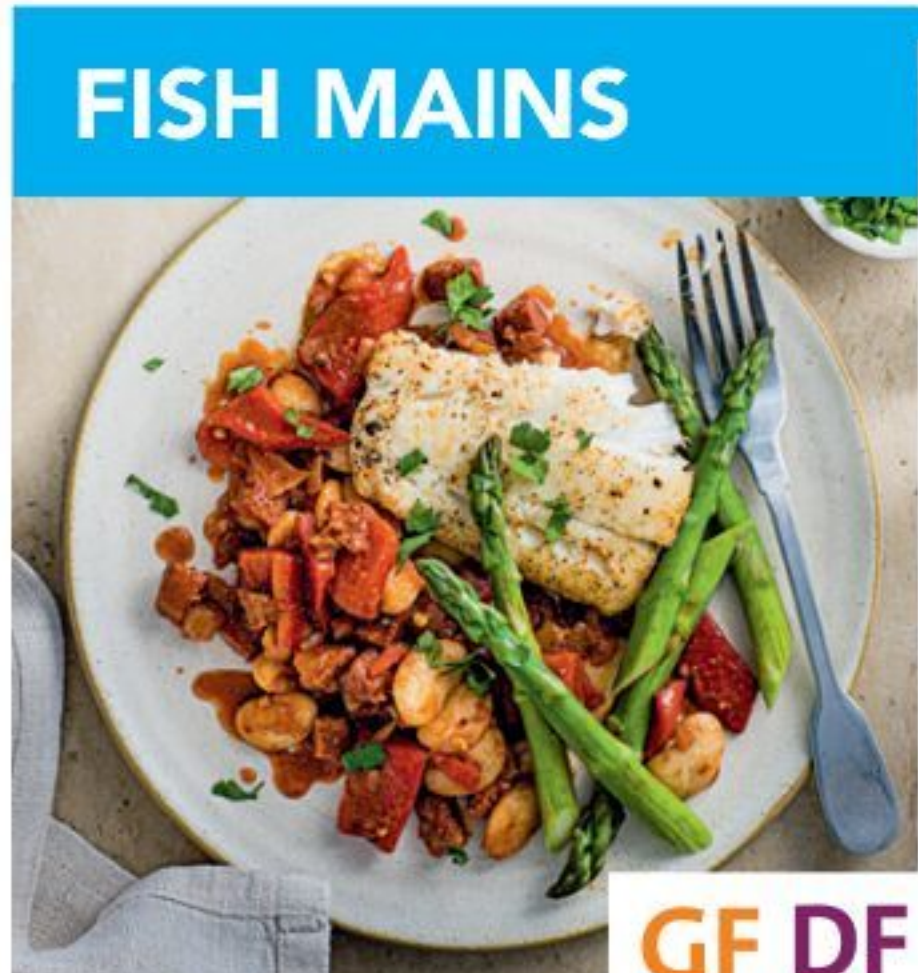
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V Vn GF DF

**SWEET POTATO  
BOWL WITH  
CRISPY TOFU**

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GF DF

**BUTTER BEAN  
SAUTÉ WITH  
SEARED COD**

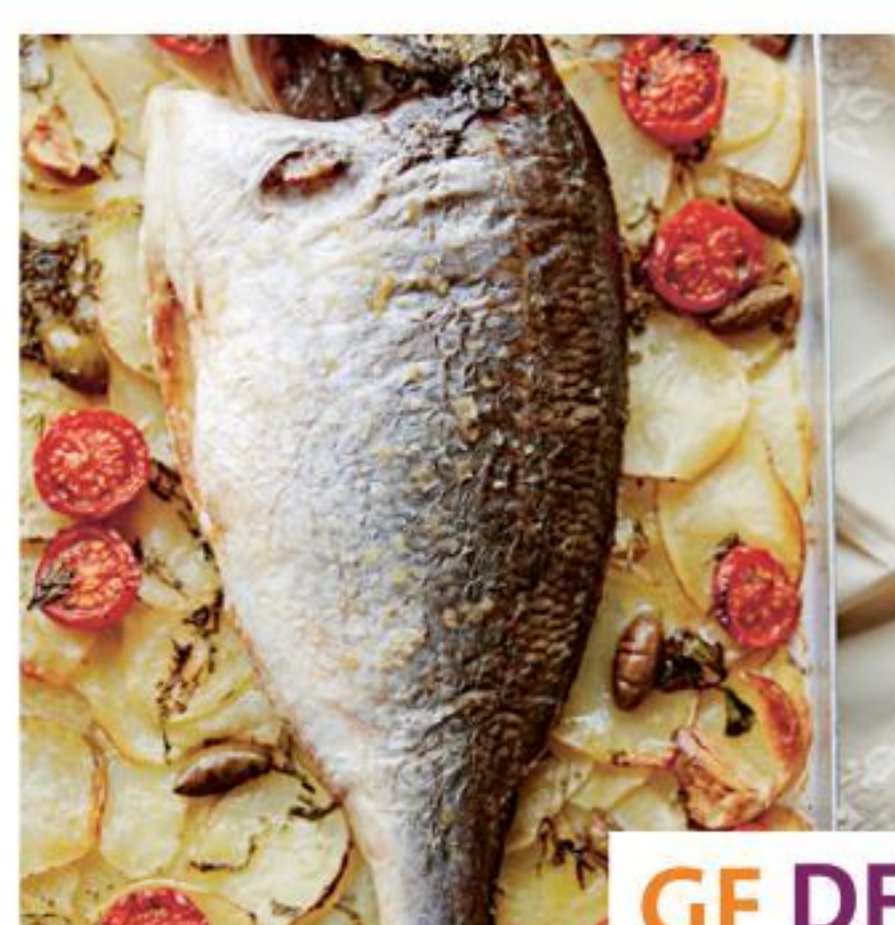
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GF DF

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POTATOES AND  
PEAS**

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GF DF

**SEA BREAM  
BAKED WITH  
POTATOES**

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DF

**SEAFOOD OKRA  
SOUP AND SEMO**

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COVER  
RECIPE

GF

**SPICED SALMON  
WITH JEWELLED  
RICE SALAD**

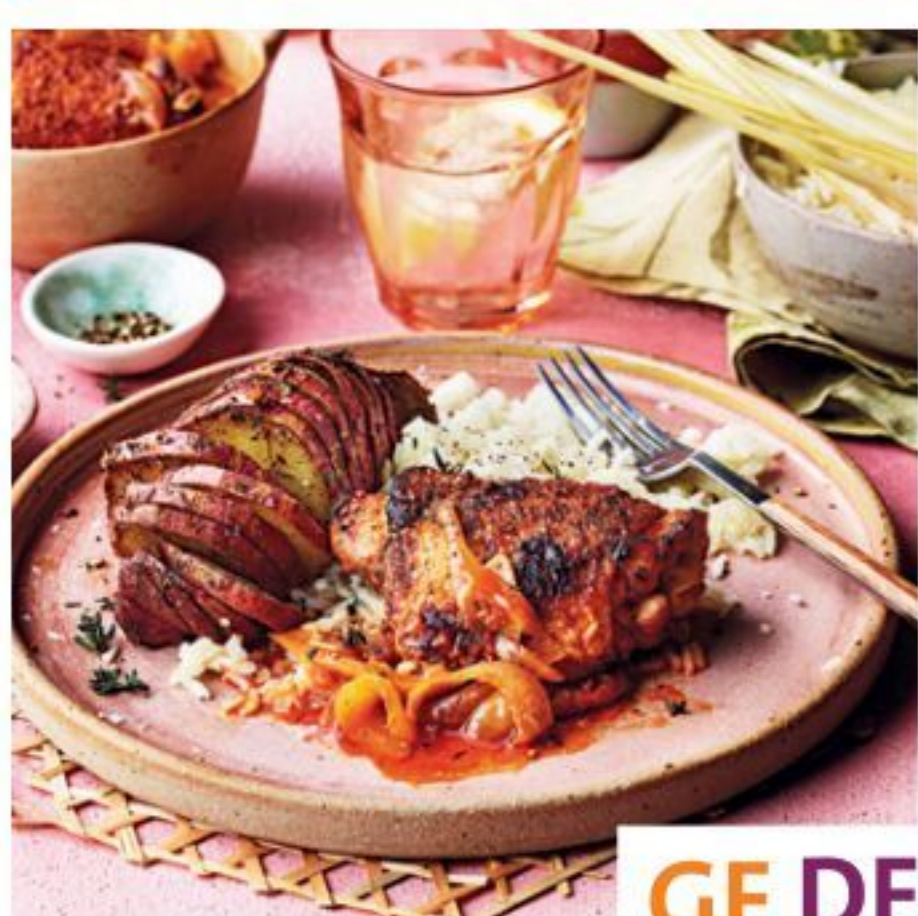
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DF

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PLATTER**

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GF DF

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AND HASSELBACK  
SWEET POTATO**

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GF DF

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TRAYBAKE**

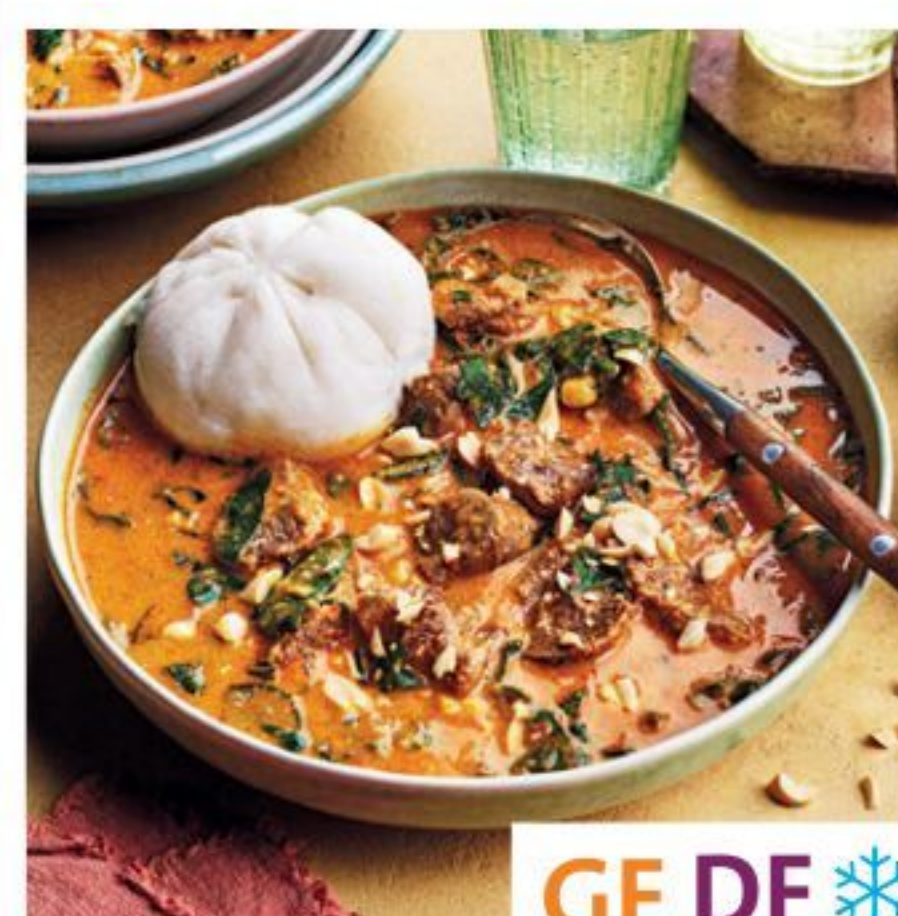
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GF DF

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GF DF ❄️

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(GROUNDNUT  
BEEF STEW)**

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GF DF ❄️

**PORK AND  
FENNEL RAGU**

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**ROAST LAMB AND  
YOGURT ORZO**

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## COOK WITH CONFIDENCE

We test every recipe at least three times until we think they are perfect. Recipes created for advertisement features are checked by our cookery team but not tested.

**Weights and measures** We list base measurements for tins, pans and dishes. We use measuring spoons for accuracy; a teaspoon is 5ml; a dessertspoon is 10ml; and a tablespoon is 15ml. Spoon measures are level unless otherwise indicated.

**Ingredients** We aim to use ingredients that are available in at least 250 Sainsbury's stores nationwide. Stocks vary from store to store, so if you are unable to find an ingredient in your local store, please ask at the customer service desk or call the Customer Careline on 0800 636262.

**Food safety** Public health advice is to avoid raw or lightly cooked eggs if you are vulnerable to infection, including pregnant women, babies and the elderly.

**Alcohol** Visit [drinkaware.co.uk](http://drinkaware.co.uk) for advice.

**Nutrition** Our nutritional values are per serving (if a recipe serves, say, 4-6, the values refer to the larger portion size; if an ingredient is listed with an alternative, values are based on the first option; 'serve with' suggestions are not included). For healthy eating information and nutritional guidelines, go to recipes.sainsburys.co.uk/articles/tips/nutritional-information.

**Vegetarian** recipes are indicated with the **V** symbol, but they may use cheeses that contain animal rennet.\*

**Vegan** Recipes marked **Vn** contain no products made from or with the aid of animals or animal products.\*

**Dairy free** Recipes marked with the **DF** symbol do not contain dairy products as ingredients.

**\*Gluten free** Ingredients in recipes marked with the **GF** symbol are all naturally gluten-free, but some may be produced in non-gluten-free environments.\* For more information on avoiding gluten, visit [coeliac.org.uk](http://coeliac.org.uk).

**Freezable** The **❄** symbol indicates that you can freeze all or most of a recipe. Unless otherwise stated, freeze for up to 3 months, defrost thoroughly and heat until piping hot.

*\*Always check food packaging to ensure it is suitable.*

### DESSERTS AND BAKES



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**PISTACHIO CAKE WITH CAMOMILE SYRUP**

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**SPICED PARSNIP AND CARROT CAKE**

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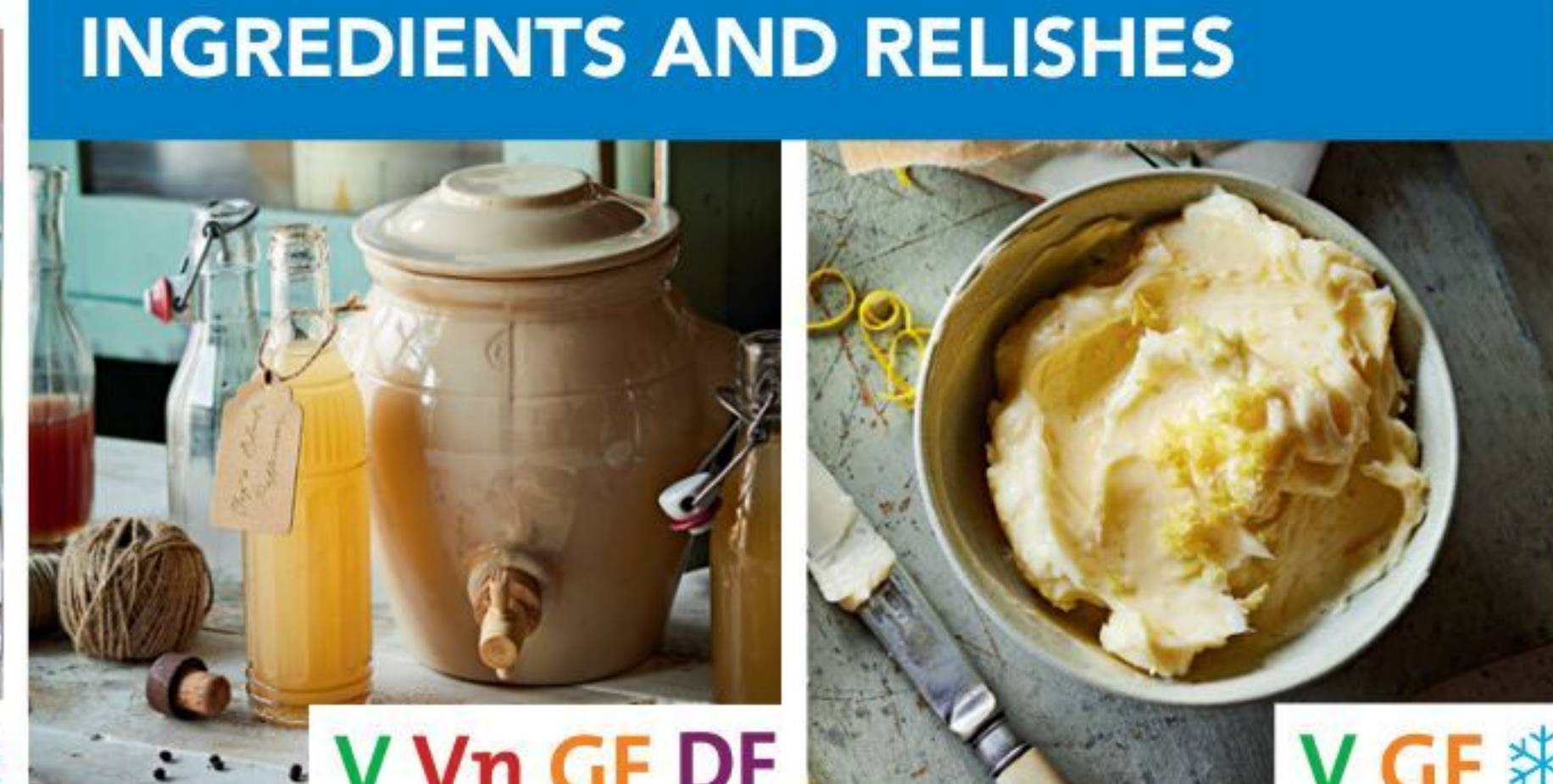
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# April

Welcome to this month's issue  
SAINSBURYSMAGAZINE.CO.UK



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# Share your THOUGHTS

We love to hear what you enjoyed reading – and had fun cooking – in the magazine, so please share with us!

## Cooking in the community

Like me, my hairdresser Cathy is a real foodie and before lockdown we spent most hair appointments chatting about restaurants, recipes – anything food-related. So I was inspired to learn that, in lockdown, Cathy and a group of fellow foodies make meals to share with each other. Every Saturday one couple cooks and delivers a three-course meal – with cocktails and wine – to the others. On New Year's Eve they celebrated with a 'Salute to Europe' menu of French and Italian cocktails, canapés from Portugal, Poland, Spain, Italy and Denmark, a Greek main of spanakopita, salad, pittas and tzatziki and a French clafoutis for dessert. They finished with French cheese and Swiss chocolate, and washed it all down with Belgian beer and French Champagne. What a morale booster!

ABBE, WARWICKSHIRE

## Cold comfort

*I was inspired by the 'How to Fall in Love with Winter' feature in the February issue and think we should adopt the Friluftsliv way of life. My walking group tested the recipes successfully, and then my partner and I put on our head torches, filled our flasks and headed off into the snowy evening – it made us feel alive.*

JANE, KENT



STAR LETTER

## A GOOD PUD

I love batter, and all things batter-related, including Yorkshire puddings and toad in the hole, and I was intrigued to read about the history of these dishes in your February issue. Yorkshires are my favourites, but I'd never considered them as a sweet dish before seeing your recipe for Golden Syrup Yorkshires with Caramelised Bananas. What a delicious and genius idea – we absolutely love them!

LISA, CHESHIRE

## LET IT GO

Dr Magdalena Bak-Maier's advice to 'Let Go of Big Goals' (January) really spoke to me. In the past year I have felt the pressure to reinvent myself as the ultimate home-worker, home-schooler and super-cook. Her advice to set smaller targets and balance productivity with wellbeing were a timely reminder that it's the small tasks that build bigger achievements.

MANDY, ESSEX



## #IMADETHIS

Share your own cooking triumphs on Twitter and Instagram, tagging @sainsburysmag and using #IMadeThis, or email your photos to [feedback@sainsburysmagazine.co.uk](mailto:feedback@sainsburysmagazine.co.uk) and we may print your photos. One lucky winner will receive a £50 voucher\*. Here are a few of your Sainsbury's magazine creations.

### February issue

'My vegan take on the Creamy Chicken(less!) Mushroom One-pot – wonderfully warming!'

AMANDA, SOUTHAMPTON



### February issue

'Rhubarb and gin jelly cheesecake made by my mum, Rosalie. Another great recipe.'

@VERUSCHKAJASMIN



WINNER

### February issue

'My daughter and I baked butterscotch banana bread blondies – they were a big hit!'

ANGELA, YORKSHIRE



## WRITE IN TO WIN

Our star letter writer, Abbe, wins\*\* 18 bottles of Villa Maria Cellar Selection Pinot Noir, valued at £295. New Zealand's most-awarded winery, Villa Maria ([villamariawines.com](http://villamariawines.com)) was founded in the early 1960s by Sir George Fistonich in Auckland, New Zealand. Today, Villa Maria prides itself on working in harmony with the land. This Pinot Noir is juicy and aromatic, pairing well with a variety of cuisines, including hearty spring lamb.

WORTH £295



\*\*ENTRANTS MUST BE OVER 18. A FULL MAINLAND UK DELIVERY ADDRESS AND TELEPHONE NUMBER MUST BE SUPPLIED.

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IN ALCOHOL\***

**20%  
LIGHTER  
IN CALORIES\***



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# ARE THE OTHER BEANS TOAST?



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**RICH. THICK.**  
**TOMATOEY**  
sauce that we know you'll  
**Love!**



 #BranstonBeanChallenge

## Take the Branston Bean Challenge today!



»  
**NUTRITION  
NOTES**

Chicken breasts are an excellent source of lean protein, keeping you fuller for longer. Seasonal asparagus is a good source of the B vitamin folate, which is important for healthy blood.

# Eat *well* every day

Easy, healthier meals using no more than 10 ingredients, all under 600 cals and on the table in 30 minutes or less

RECIPES **ABIGAIL SPOONER** PHOTOGRAPHS **GARETH MORGANS**

\*COSTS CALCULATED USING BEST-VALUE PRODUCTS AT TIME OF GOING TO PRINT

ONLY  
**420**  
CALs

Maple  
mustard  
chicken  
traybake

ONLY  
**£2.07**  
PER  
SERVING\*



MONDAY

# Salsa verde gnocchi

SERVES 2 **V** **VN** **GF** **DF** HANDS-ON TIME 20 MINS TOTAL TIME 20 MINS

- ◆ 300g gnocchi\*
- ◆ 1 x 200g pack sugar snaps, halved
- For the salsa verde*
- ◆ ½ x 30g pack tarragon, leaves picked
- ◆ 1 x 30g pack flat-leaf parsley, leaves picked
- ◆ 30g blanched almonds
- ◆ 1 garlic clove
- ◆ 1 tbsp capers, rinsed
- ◆ 3 anchovy fillets\* in olive oil, drained and chopped (omit if vegetarian/vegan and replace with olives or extra capers)
- ◆ 1 tsp Dijon mustard
- ◆ 1 tbsp olive oil
- ◆ ½ tsp sherry vinegar or red wine vinegar

**1** For the salsa verde, pulse the tarragon, parsley, almonds, garlic, capers and anchovies (or olives), in a small food processor until coarsely chopped. Add the mustard, olive oil, vinegar and 2 tablespoons water, and pulse again to a chunky pesto consistency. Set aside (this can be made a few hours ahead).

**2** Bring a saucepan of salted water to the boil. Add the gnocchi and sugar snaps and cook for 2-3 minutes or until the gnocchi float to the surface and the sugar snaps are just cooked. Drain well and return to the pan over a low heat before stirring in the salsa verde to coat and warm through. Divide between two bowls and serve.

*\*Use gluten-free or dairy-free gnocchi as needed, and omit the anchovies if required.*

■ 424cals; 16g fat (2g sat fat); 14g protein; 7g fibre; 51g carbs; 5g total sugars; 1.6g salt

## » NUTRITION NOTES

This pesto-like sauce for gnocchi brings together punchy capers and anchovies in a herby salsa, without the need for too much oil.

ONLY  
**424**  
CALs







## » NUTRITION NOTES

A delicious way to get in one of your recommended servings of fish. We should eat at least two portions of fish a week, one of which should be an oil-rich fish like salmon or mackerel.

ONLY  
445  
CALs

## TUESDAY

# Bacon-crumbed cod with minty crushed potatoes and peas

SERVES 4 (EASILY HALVED TO SERVE 2) **GF DF** HANDS-ON TIME 20 MINS TOTAL TIME 30 MINS

- ◆ 1 x 160g pack smoked bacon lardons
- ◆ 600g new potatoes, halved
- ◆ 320g frozen peas
- ◆ 50g white bread\* (crusts removed), cut into chunks
- ◆ 1 garlic clove, chopped
- ◆ zest of 1 lemon, plus 1½ tbsp juice
- ◆ 2 tbsp olive oil
- ◆ 4 cod fillets, about 125g each
- ◆ 4 tbsp chopped mint (or 2 tsp dried)
- 1 Preheat the oven to 200°C, fan 180°C, gas 6. Dry-fry the lardons in a frying pan over a medium-high heat until crisp, then tip onto a plate lined with kitchen paper to drain and cool.
- 2 Boil the new potatoes for 15 minutes, then add the peas, return to the boil and cook for 3-4 minutes more, until tender.
- 3 Meanwhile, put the cooled bacon in a small food processor with the bread, garlic, lemon zest and some black pepper. Pulse to a coarse crumb then add ½ tablespoon of olive oil and process briefly again.
- 4 Put the cod on a baking tray, season and press on the crumb mixture. Bake for 12-14 minutes until the fish is cooked through and the topping is crisp and golden.
- 5 Once cooked, drain the potatoes and peas and return to the pan. Roughly crush with a fork then stir in the lemon juice, 1½ tablespoons of olive oil and some seasoning. Lastly, stir through the chopped mint.
- 6 Divide the veg between four shallow bowls or plates and serve topped with the crumbed cod.

\*Use gluten-free bread, if required.

■ 445cals; 17g fat (5g sat fat); 31g protein; 7g fibre; 37g carbs; 4g total sugars; 1.4g salt ➤



»  
**NUTRITION  
NOTES**

A pouch of Puy lentils not only makes a quick and easy base for meals, but also provides plenty of fibre, aiding digestive health and helping to reduce cholesterol.

ONLY  
**594**  
CALs

**WEDNESDAY**

## Halloumi with lentil 'tabbouleh'

**SERVES 2** **V GF** **HANDS-ON TIME** 30 MINS **TOTAL TIME** 30 MINS

- ◆ 1 x 30g pack flat-leaf parsley,
- ◆ 1 x 30g pack mint
- ◆ 150g cherry tomatoes, halved
- ◆ 3 spring onions, finely sliced
- ◆ 1 x 250g pouch cooked Puy lentils
- ◆ 1 tsp olive oil

- ◆ ½ x 225g pack light halloumi, sliced

*For the dressing*

- ◆ ½ lemon
- ◆ 75g fat-free Greek-style natural yogurt
- ◆ 2 tsp tahini
- ◆ 1 small garlic clove, crushed

- 1** Reserve a few herb sprigs then pick the leaves from the remaining sprigs and finely chop. Put into a large bowl with the cherry tomatoes, spring onions and lentils, and mix together well.
- 2** Cut the lemon half into two, then slice one of these pieces into two wedges to serve. Squeeze the juice from the second piece into a small bowl; whisk with the yogurt, tahini, garlic and seasoning to taste. Stir 3 tablespoons of this dressing through the lentil mixture to coat, and check the seasoning.

Spoon into two bowls ready to serve. Stir ½ tablespoon of water into the remaining dressing to loosen.

- 3** Heat 1 teaspoon of olive oil in a non-stick frying pan over a high heat. Fry the halloumi for 1-2 minutes on each side until golden brown.
  - 4** Top the lentils with the halloumi, scatter with the herb sprigs and serve with the lemon wedges and remaining dressing.
- 594cals; 16g fat (7g sat fat); 32g protein; 11g fibre; 74g carbs; 10g total sugars; 1.5g salt



THURSDAY

# Ginger miso steak with sesame sweet potatoes

**SERVES 2** **GF DF** **HANDS-ON TIME** 15 MINS  
**TOTAL TIME** 30 MINS

- ◆ 350g sweet potato (1 large or 2 medium)
- ◆ 1 tbsp sesame oil, plus 1 tsp
- ◆ 2 tbsp concentrated miso paste\* (we used Yutaka)
- ◆ 1 tbsp soy sauce\*
- ◆ 1 tbsp clear honey
- ◆ 2 tsp grated ginger
- ◆ 1 x 225g pack rump steak, fat trimmed
- ◆ ½ tbsp sesame seeds
- ◆ 200g green beans, trimmed

- 1 Put a non-stick baking tray in the oven and preheat to 220°C, fan 200°C, gas 7.
- 2 Scrub the sweet potato and cut into thin wedges. Toss with 1 tablespoon of the sesame oil, season and tip onto the hot baking tray. Roast for 20 minutes initially.
- 3 Meanwhile, in a small bowl, mix together the miso, soy, honey, ginger and 1½ tablespoons of water then set aside. Bring a small saucepan of salted water to the boil ready for the green beans. Rub the steak with 1 teaspoon of sesame oil and season lightly.
- 4 When the sweet potato wedges have had 10 minutes in the oven, heat a dry frying pan over a high heat. Add the oiled steak and cook for 1½-2 minutes on each side, or to your liking. Set aside on a warm plate to rest for 5-10 minutes, loosely covered with foil.

## NUTRITION NOTES

Sweet potatoes are a highly nutritious alternative to white potatoes, and just 80g counts towards one of your 5-a-day. They're rich in fibre, vitamins and minerals, especially if you leave the skins on.



ONLY  
**483**  
CALs

- 5 Sprinkle the sesame seeds over the sweet potatoes and return to the oven for 5 minutes until the wedges are soft and starting to caramelise at the edges. Plunge the green beans into the boiling water and cook for 4-5 minutes until just tender, then drain.
  - 6 Return the steak pan to a medium heat, add the miso mixture and bubble gently for 2-3 minutes. Remove from the heat, return the steak to the pan and turn to coat in the miso glaze.
  - 7 Slice the steak thinly and divide between two plates. Serve with the sweet potato wedges and green beans.
- \*Use tamari in place of soy sauce and check your miso paste is gluten-free, if required.*
- 483cals; 15g fat (4g sat fat); 32g protein; 10g fibre; 49g carbs; 21g total sugars; 3.3g salt

FRIDAY

# Maple mustard chicken traybake

**SERVES 4** **GF DF** **HANDS-ON TIME** 10 MINS **TOTAL TIME** 30 MINS

- ◆ 600g baby new potatoes, halved
- ◆ 2 tbsp olive oil, plus 2 tsp
- ◆ 4 skinless chicken breast fillets
- ◆ 1 lemon
- ◆ 3 tbsp maple syrup (or clear honey)
- ◆ 3 tbsp wholegrain mustard
- ◆ 2 garlic cloves, crushed
- ◆ 2 x 250g bunches asparagus, trimmed
- 1 Put your largest non-stick baking tray in the oven and preheat to 220°C, fan 200°C, gas 7. Cook the potatoes in salted boiling water for 5 minutes. Drain and toss with 1 tablespoon of the oil and some seasoning. Roast on the preheated baking tray for 10 minutes initially.
- 2 Meanwhile, season the chicken fillets and heat 1 tablespoon of oil in a large non-stick frying pan. Fry the chicken over a medium-high heat, for about 3-4 minutes on each side or until golden brown.
- 3 Zest the lemon into a small bowl, add the maple syrup (or honey), mustard and garlic, then stir until well combined. Thinly slice the zested lemon and

- toss the asparagus spears with 2 teaspoons of oil and some seasoning.
- 4 Remove the potatoes from the oven, nestle in the chicken fillets, asparagus and lemon slices, then brush everything with the maple mustard glaze. Return the tray to the oven for 8-10 minutes or until the chicken is cooked through. Divide between four plates and spoon over the juices from the tray to serve.
- 420cals; 11g fat (2g sat fat); 43g protein; 6g fibre; 35g carbs; 13g total sugars; 0.7g salt ■





# REFILL, RECYCLE, REDUCE

We can help you with that...



Thank you to all of our customers who have already switched, together we have reduced the plastic in our packaging by over 90%\*



4.9 / 242 INDEPENDENT REVIEWS

#### PERFECT ITEM

So handy being able to refill these bottles. My husband shaves his head and his face 2x a week and swears by this product. Refillable pouch is great, lots of product to use and can recycle.

Tboom24 / Female / Age 25-34



4.9 / 756 INDEPENDENT REVIEWS

#### LESS WASTE

Decided to switch to refills and very happy. Less mess, better looking and better for the environment. Easy and quick to refill.

Ozzie / Male / Age 45-54

**SCAN**  
TO START REFILLING  
**TODAY**



SHAVING & SKINCARE  
SINCE 1993

VEGAN  
FRIENDLY

MADE IN  
BRITAIN

#RefillNotLandfill

\*Comparison of refillable products purchased since June 2020 by weight of plastic saved versus purchasing our standard tubes and bottles





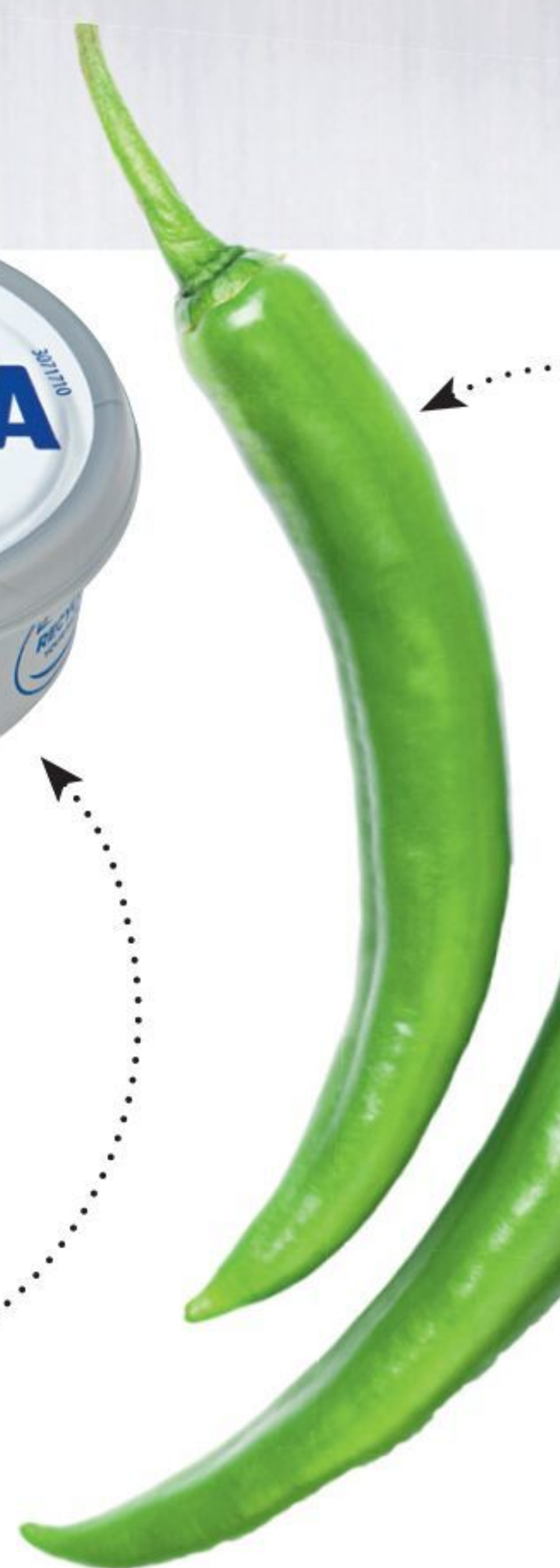
#### FLAKED ALMONDS

When I bake, I often end up with loads of egg whites. So I'll make little financiers and throw lots of flaked almonds on top. They come out looking great.



#### PHILADELPHIA

During lockdown I was buying all the Philadelphia from the shops because I started making loads of cheesecakes. I'm writing a second book and I have a whole chapter on them!



#### GREEN CHILLIES

My mum raised us on them. She puts them in everything, even a roast dinner. Most of our food growing up would just blow your head off because it was full of green chilli. But now I'm slightly addicted.



## Shopping with a FOODIE

We hit the aisles with Ravneet Gill, *Junior Bake Off* judge and author of *The Pastry Chef's Guide*



#### KESAR MANGO PULP

In Indian cooking, we use this for everything – like making mango lassi and ice cream. When mangoes are not in season, it's fantastic.

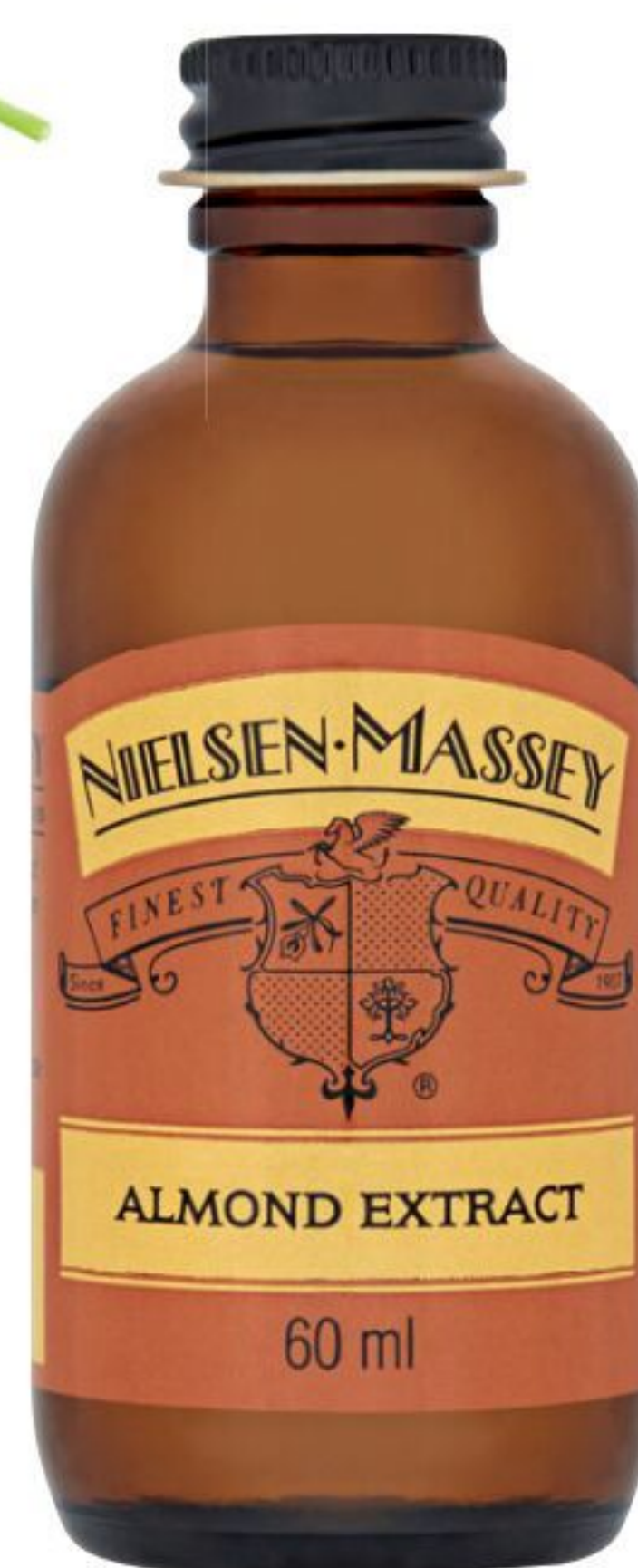


#### BIG BUNCHES OF CORIANDER

Some people think coriander tastes like soap, which I think is genetic. I can eat mouthfuls of it on everything. I make a Vietnamese prawn salad and put loads in there – with cucumber, mirin, tahini, loads of peanuts and chilli, and lime juice. That is an amazing lunch.

#### BILLINGTON'S DARK MUSCOVADO SUGAR

Dark brown sugar always adds a deepness to your bake. I use it in my cookies and most of my chocolate cakes. Billington's in particular doesn't clump together in your cupboard; it stays quite soft.



#### NIELSEN-MASSEY ALMOND EXTRACT

This reminds me of Mr Kipling Bakewell tarts, and I grew up on those. I'll add a drop to frangipane or almond pastry because it makes the flavour a bit stronger.

Ravneet is the founder of Countertalk, a platform that connects and supports chefs



# THE *homemade* BRIGADE

During lockdown many home cooks have developed a passion for making ingredients from scratch. Here, three cooks share their secret recipes and tips with **Laurel Ives**

RECIPE PHOTOGRAPHS  
MAJA SMEND





‘We think  
of vinegar as  
being so  
ordinary but  
it’s actually  
extraordinary’

» PAGE 24

TRADITIONAL FRENCH STONEWARE VINEGAR POT IN NATURAL (PICTURED), FROM £130 (VINEGARSHED.COM)





## ‘Our house “Marmite” started life as an accident’

CHEF ALEX BOND LAUNCHED HIS FINE-DINING RESTAURANT ALCHEMILLA IN NOTTINGHAM IN 2017 AND WAS AWARDED A MICHELIN STAR TWO YEARS LATER

We can't, however, account for how much they will want, so some days we might have as many as five loaves left over at the end of service!

We have a zero-waste policy at the restaurant so in an effort to use up the bread one of our chefs had the idea of making *kvass*, a traditional Eastern European alcoholic drink, which is essentially a moonshine. Traditionally, the drink is made by boiling bread with yeast and a bit of sugar, but he used some of our ‘mother’ sourdough starter instead of yeast.

The mixture was bubbling away on the stove, but he then forgot about it and it ended up reducing into this thick, sticky black liquid. This is essentially our version of Marmite; it's super-rich, with a really strong umami flavour. It's a bit less salty and more acidic than shop-bought Marmite, which is made from leftover brewer's yeast. I think that's what gives ours a deeper, richer, more ‘breadly’ flavour.

It's easy to make but takes a bit of time – use the best sourdough you can find or make; it's a good way to use up stale bread. First, toast the bread in the oven to an even dark brown (being careful not to burn), then ferment with yeast and sugar and reduce it to the required thickness. We make it slightly looser than traditional

Marmite in order to use it in stocks, gravies and roast potatoes. It's incredibly versatile and can be used in so many different ways.

We're adding it to the menu, too, using it in a new post-lockdown dish which will consist of a bread sauce served with Hen of the Woods mushrooms and buttermilk. The house ‘Marmite’ gives the bread sauce that extra oomph.

[alchemillarestaurant.uk](http://alchemillarestaurant.uk)

### TIPS AND TRICKS

- Use good-quality sourdough; your finished product will only be as good as the ingredients you use.
- Once bottled, keep it in the fridge and use within a month.
- It's great slathered on toast or crumpets with a bit of mature cheese.
- Use it in meat gravy, or bread sauce at Christmas.
- It gives an intense flavour to roast potatoes; 10 minutes before they're done toss the potatoes in a spoonful of homemade ‘Marmite’.
- Use it to flavour broths, such as a chicken noodle soup.
- Stir it through seasonal mushrooms when cooking, for an intense umami flavour.

Our house ‘Marmite’ started life as an accident, as so many of the best things do. We bake sourdough bread twice a day for each restaurant service, and we always make more than we think we need, in case people want more.

## Make-your-own ‘Marmite’

‘Although the process takes a few days to come to fruition, it's really easy to do. Just sit back and let nature take its course.’

**MAKES** 1 X 200ML JAR **VVN DF** **HANDS-ON TIME** 30 MINS **TOTAL TIME** 3 HRS 30 MINS, PLUS OVERNIGHT SOAKING + 2 DAYS' FERMENTING

- ◆ 1kg sourdough bread, thickly sliced
- ◆ 7g fresh yeast, or brewer's yeast powder\*
- ◆ 10g sugar (any type)

» **GET AHEAD**  
Keeps for up to 1 month in a sterilised jar in the fridge.

- 1 Preheat the oven to 220°C, fan 200°C, gas 7. Put the sliced bread on a large baking tray and toast in the oven for 25-30 minutes, turning halfway, until very well browned. Chop into large cubes.
- 2 Combine the yeast and sugar with a little water in a very large bowl, then pour in a further 4 litres of room-temperature water. Stir in the toasted bread and leave to soak, covered with a clean tea towel or muslin, for 12 hours.
- 3 After 12 hours, use a slotted spoon to scoop out a bit of the bread at a time. Holding it over the bowl, squeeze the liquid that it has soaked up back into the bowl, then discard the

squeezed-out bread. Repeat with all the bread until you're left with just a cloudy liquid. Loosely cover with a clean tea towel or muslin and leave the liquid to ferment at room temperature for the next 2 days.

- 4 Pour the liquid into a large wide pan on the hob and reduce to a syrupy consistency (it will thicken further as it cools). As the 4 litres of liquid will reduce to about 200ml of ‘Marmite’, it may take a couple of hours to reduce to the right consistency – you'll need to keep an eye on it towards the end of the reduction time to make sure it doesn't catch, and you may want to transfer it to a smaller pan towards the end.

BREWER'S YEAST POWDER IS AVAILABLE FROM HEALTH FOOD STORES, OR ONLINE SOURCES; FRESH YEAST MAY BE AVAILABLE FROM IN-STORE BAKERIES





‘Our version of  
Marmite is super-  
rich, with a strong  
umami flavour’





‘Making  
butter is fun,  
rewarding  
and it tastes  
incredible’



# ‘There’s such a sense of satisfaction when you make something from scratch’

**MARTHA DE LACEY LAUNCHED HER SUPPER CLUBS IN 2017, AND BECAME KNOWN FOR HER HOMEMADE SOURDOUGH WITH WHIPPED SMOKED BUTTER. SINCE THE PANDEMIC, SHE HAS BEEN RUNNING COOKING CLASSES ONLINE**

**W**hen I first started my supper clubs, I wanted to make everything from scratch.

So I’d make the sourdough, the pasta, and I really got into making the butter. It’s fun and rewarding. You can adjust the salt to change the flavour and if you start with a really good Jersey cream, it tastes incredible.

I first came across homemade butter when I was working in the London restaurant The Quality Chop House, and discovered it’s really easy to make yourself provided you have some sort of stand mixer, like a KitchenAid or Kenwood (whipping it by hand is messy and time-consuming).

It’s vital that the mixer is wrapped in clingfilm otherwise you’ll quickly find butter scattered all over your kitchen when the cream splits. Don’t leave the kitchen when it’s mixing just in case! The process also leaves you with buttermilk which can be used in baking, pancakes and dressings.

But the exciting thing is the flavours you can add. I have a cold smoker at home – they’re cheap to buy and easy to use – and cold-smoked butter soon became my signature butter at my supper clubs. I made it look like ice cream by whipping it into the shape of a 99 cone. People loved it. It’s the taste of a creamy bonfire night – like licking a delicious ashtray! And the texture is like spreading mousse onto hot bread. But if you don’t have a cold smoker, you can add flavour by using smoked salt and essence.

Now I add different flavours to my homemade butter to complement whatever food I’m serving. I once did a butter with seaweed, dried shrimps and miso for a Japanese supper club. That one divided opinion – people either loved or hated it.

Since the pandemic, I’ve been offering online cooking classes out of my Hackney kitchen. Demand is high; people are going back to basics and there’s such a sense of satisfaction when you make something from scratch. *marthadelacey.com*



## TIPS AND TRICKS

Mix these flavours through the butter when it’s soft, then chill. They’re all delicious slathered on bread, added to mash or spooned into a jacket potato.

**SMOKED** Cornish smoked salt and a few drops of liquid smoke (available from [souschef.co.uk](https://www.souschef.co.uk)).

**MISO** Don’t add any salt to the butter; mix a teaspoon or two of concentrated miso paste into the butter instead.

**LEMON AND GARLIC** Add two crushed garlic cloves and the zest of one lemon, plus salt to taste.

**ANCHOVY AND ROSEMARY** Don’t add any salt to the butter; add four drained and finely chopped tinned anchovies, plus the finely chopped leaves of a small sprig of rosemary.

## Homemade butter

‘If you use farm-fresh cream, you’ll really taste the difference in the butter that you make.’

**MAKES** ABOUT 300G BUTTER, PLUS 300G BUTTERMILK **V GF** **HANDS-ON TIME** 30 MINS  
**TOTAL TIME** 30 MINS, PLUS CHILLING

- ◆ 600ml double cream
- ◆ ice cubes
- ◆ flaky sea salt, to taste

» **GET AHEAD**  
The butter will keep for 2-3 weeks in the fridge.

- 1 Pour the cream into the bowl of a stand mixer fitted with a paddle attachment, then wrap the whole thing tightly with clingfilm to prevent splashing. Start to whip slowly until the cream forms stiff peaks. Increase the speed to high and whip until the cream splits into buttermilk and butterfat.
- 2 Line a colander or sieve with a large piece of muslin. Tip in the butter mixture and strain, reserving the buttermilk for another recipe (for inspiration, search online at [sainsburysmagazine.co.uk](https://www.sainsburysmagazine.co.uk)).
- 3 Return the butterfat to the mixer bowl, re-wrap in clingfilm and continue whipping to extract more buttermilk.
- 4 Make an ice bath with plenty of ice cubes and cold water in a large bowl. Plunge the butter solids into the ice bath and squeeze to remove any remaining buttermilk (this step helps to keep the butter fresh for longer).
- 5 Chill the butter solids, either in a covered bowl or airtight container.
- 6 To season the butter, bring it to room temperature so that it’s softened, add half a teaspoon of salt to incorporate, or one of the flavourings suggested right. Taste, then add more salt if you like.



## 'I have a whole cupboard in my tiny flat, bursting with different types of vinegar'

ANGELA CLUTTON IS A FOOD WRITER, HISTORIAN AND COOK. HER DEBUT BOOK, *THE VINEGAR CUPBOARD*, WAS PUBLISHED IN 2019



Most people think of vinegar as being so ordinary, because it's a staple in everyone's kitchen, but actually it's really extraordinary. Every country has its own incarnation of vinegar with its own fascinating history, and when it comes to balancing a dish it's brilliant and so versatile.

I'm a writer and food historian, and I first fell down the rabbit hole of vinegar when I was reading a 1930s cookery book by Florence White, which referred to 'primrose vinegar'. I thought to myself, 'what is that?' and I realised people used to regularly make their own vinegars from scratch using all sorts of ingredients, but that over time we just fell out of love with doing it.

As I began to look into the history of vinegar I found that each culture has its own incarnation, which is a product of their land. In China and Japan, it's rice vinegar; wine is the vinegar of choice in France; here in the UK it's malt vinegar because we are a beer country.

The research led me to write my first book to get the message out there about how useful vinegar

is, and now I have a whole cupboard in my tiny London flat which is bursting with different types. Many of these are homemade infusions – they're so beautiful to look at, and being creative in the kitchen gives a wonderful sense of achievement and a bit of a boost, particularly during these very difficult times.

My starter cupboard of vinegar would include red and white wine vinegar, cider vinegar, and a decent balsamic or sherry vinegar. I use my vinegars in so many different ways. I marinate meats in them as vinegar tenderises and breaks down the fibres, I drizzle them over soups, and use them for punchy salad dressings and quick pickles and sauces.

It's not hard to make vinegar from scratch or to make an infusion. To make horseradish vinegar, for example, you might grate fresh horseradish into your vinegar and add peppercorns for a nice pep. Or in the summer, you might add a couple of sprigs of tarragon or thyme to white wine vinegar. You can use herbs, spices, flowers and fruits; just play around with seasonality and flavours you enjoy cooking with.

*The Vinegar Cupboard: Recipes and History of an Everyday Ingredient* by Angela Clutton (Bloomsbury Absolute, £26)

## Homemade vinegar

'If you've ever seen a stringy blob in a bottle of vinegar, this is the "mother", a gelatinous mass of bacteria that feeds on alcohol. Raw unpasteurised vinegars contain this cloudy, web-like substance; fed and left to grow as below, it will develop into a full "mother". If you want to kickstart your vinegar making, buy one (or beg from a vinegar-making friend), but starting with raw vinegar works too – it just takes a bit longer. You can make red or white wine vinegar by this process; just match the style of "mother" or raw vinegar to the alcohol you're using.'

**V VN GF DF HANDS-ON TIME 10 MINS TOTAL TIME 10 MINS, PLUS AT LEAST 2 MONTHS' MATURATION**

- ◆ 750ml red or white wine
- ◆ 150ml raw unpasteurised wine vinegar OR a wine vinegar 'mother' (red or white, to match the wine)

- 1 Put the wine and the matching raw vinegar (or vinegar 'mother') into a sterilised 2.5 litre stoneware or glass jar. Tie muslin over the opening and put it somewhere dark, at room temperature.
- 2 Check after about a month to make sure no mould is growing. You want to see the beginnings of a jelly-like substance, but without any green, black or white mould on it. If there is mould, scrape it off and carry on (if it grows back, unfortunately you'll need to throw it all away). If all is well, re-cover and put it back.
- 3 Check after another month; it should by now taste and smell of vinegar. It will keep indefinitely, simply strain off however much you want to bottle and use. Keep topping up with more wine to keep it going.

## Fig and black peppercorn vinegar

'There's a real depth of flavour to this vinegar with a fruity bittersweetness that makes it very versatile.'

**MAKES 300ML V VN GF DF HANDS-ON TIME 10 MINS TOTAL TIME 10 MINS, PLUS 2 WEEKS' INFUSING**

- ◆ 4 dried figs, quartered
- ◆ 2 tsp whole black peppercorns
- ◆ 300ml red wine vinegar

- 1 Put the figs and peppercorns into a sterilised 350ml bottle. Pour in the vinegar, seal, and set aside at room temperature for a fortnight.
- 2 Strain out the fruit and peppercorns and return the now-infused vinegar to the bottle, ready to be used.

» **GET AHEAD**  
After straining, this keeps indefinitely in a cool dark place.

### TIPS AND TRICKS

- Drizzle your vinegar over figs, plums, apples or pears before roasting them.
- Try it in a dressing for a salad of radicchio leaves and hazelnuts.
- Make a quick sauce by using the vinegar to deglaze the pan after frying steaks, duck breasts or tuna steaks.
- Splash into stir-fried purple sprouting broccoli and garlic.





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**£1 million**

to  **Family Fund**

to help them support over **100,000 families**  
with disabled and seriously ill children\*



To find out more about our charity partnership  
visit [mccainfamilyfund.co.uk](https://mccainfamilyfund.co.uk)



\*£1m is guaranteed to be donated to the UK charity Family Fund Trust by 2023 (registered charity no. 1053866, Scottish charity no. SC040810), to fund grants to bring UK families together at mealtimes and provide information & support services. McCain will donate £400k in 2021, and £300k in 2022 & 2023. Donations from ROI residents are welcome.



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ACTIVE GEL**

OCEAN



Henkel

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**50%**  
RECYCLED  
PLASTIC



# 45 EASY HOME UPDATES

Sona gold side table, £95; Sona storage gold coffee table, £195; Vanessa sofa, £350 (all [habitat.co.uk](http://habitat.co.uk)); Dutch Glam shelving unit, £350; Berber supersoft rug, £60 (both [argos.co.uk](http://argos.co.uk))

We've seen a lot of our homes recently, and now it's time for a refresh. Find a new look with our guide to this season's key trends. By **Kathryn Kelly**

## NEWSFLASH!

The Habitat range is now available online at [sainsburys.co.uk](http://sainsburys.co.uk), [argos.co.uk](http://argos.co.uk) and [habitat.co.uk](http://habitat.co.uk), as well as in selected Sainsbury's stores. Order online and collect at selected branches of Argos and Sainsbury's; or opt for next-day home delivery!



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JOHNSON'S® Baby has partnered with Alder Hey Children's Charity to help keep families and their babies close through their neonatal journey. The new surgical neonatal unit at Alder Hey will give babies and their families the best environment in which to thrive, every step of the way.

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Subject to availability. Selected stores only. Excludes Centrals and Locals.



Seat, footstool, shelf...  
you decide Adas rope bench,  
£210 (laredoute.co.uk)

Unite spaces with colour  
Modern emulsion in  
setting plaster, £53 for  
2.5 litres (farrow-ball.com)

Add ambience  
Eden Cedar  
Leaf candle, £4  
(habitat.co.uk)

## HOW TO DO IT

'We call it "broken plan living"  
– creating free-flowing spaces or  
zones that can easily be reconfigured  
to what suits you at that moment.  
Semi-permanent partitions such as  
screens or open-plan shelving, and  
contrasting, bold-patterned rugs  
help to achieve this layout.'

CHARLIE MCNALLY,  
HABITAT

Create a focal point  
Flow Original Artwork, £65  
(collective-stories.com)

# Get in the ZONE

Our rooms are now offices, chill-out spaces  
and gyms. Here's how to make that work

Define separate  
areas with a rug  
Hippie kelim,  
from £119  
(therugseller.co.uk)

Divide  
your space  
Lomond  
modular  
desk, £449  
(made.com)

Rattan screen, £150;  
rattan chair, £140 for 2;  
oak desk, £250; rope shade,  
£22 (all habitat.co.uk)

Use a screen  
to section off a  
corner of a room to use  
as a home office. Then  
close the area off at  
the end of the day  
and relax.

Collate ideas on a noticeboard  
£18 (roseandgrey.co.uk)

Zone it off Hera screen,  
£89 (cuckooland.com)



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# SAFE HANDS

During these times hand hygiene has never been more important. Protect your hands with Baylis & Harding's Luxury Jasmine & Apple Blossom Antibacterial 500ml Hand Wash. Vegan friendly and kills 99.9% of bacteria and everyday germs.





Mix prints with plain fabrics  
Eden cushion cover, £7  
(habitat.co.uk)



Update crockery  
Hibiscus Burleigh plate, £21  
(burleigh.co.uk)



Wow with wallpaper  
Tudor Garden wallpaper by Cole and Son, £130 per roll  
(wallpaperdirect.com)



Try heritage colours  
Mallard emulsion, £45 for 2.5 litres (woodchip and magnolia.co.uk)

## HOW TO DO IT

'As the idea of "home" has become more important, there's a shift towards heritage pieces. Customers want classic designs that will endure, but also 21st-century colour pops and modern accents. Metal or wood finishes give a contemporary edge.'

**ANDREW TANNER,**  
HABITAT HOME DESIGN  
MANAGER




Wrap up  
HAFOD Welsh tapestry throw, £135  
(welshotter.co.uk)

# Modern HERITAGE

Throwaway trends are gone for good. These modern looks will last well into the future



Classic shapes in a modern colour palette with additions of texture make this look both smart and interesting.




Robin sofa in navy chamonix, £1,225  
(arloandjacob.com)

Go for a vintage touch  
Cedarberg Preserved Flower Bouquet, £64,  
(limelace.co.uk)



Add texture  
Mayfield stool, £145  
(gardentrading.co.uk)



Traditional shape  
Callie wingback chair, £180 (habitat.co.uk)



~~£1.30~~  
**£1**  
each



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GERMS**  
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Available at  
**Sainsbury's**





Use metallics on a feature wall  
Fleur wallpaper, £71 per roll  
(missprint.co.uk)



Let surfaces shine  
Onice mosaic tiles, £30 per sheet  
(porcelainsuperstore.co.uk)

## HOW TO DO IT

'Pick sophisticated metallics, sumptuous velvet and flock effects to add decadence, and try a rich colour palette of moody blues and greens with the soft touch of blush pink. This look conveys a sense of quality and luxury, inspired by grand hotel interiors.'

ANDREW TANNER,  
HABITAT HOME DESIGN  
MANAGER

Tropical vibe  
Beaded fabric wall art, £79.50 (oliverbonas.com)



Candlelight creates romance  
Balance candle holder, £28  
(abodeliving.co.uk)

# Luxe METALLIC

A flash of metal adds glamour and opulence to living rooms and bedrooms



Make it marble  
Carrera side table, £99  
(frenchbedroomcompany.co.uk)



Low-beam gleam  
Stockholm bowl, £8 (ikea.com)

Metallics reflect light, so place furniture or accessories where sunlight or artificial light dances off surfaces



Lush faux foliage adds soft structure  
Palm luxe artificial house plant, £20  
(argos.co.uk)



Velvet luxe Swift sofa, £1,195 (habitat.co.uk)





Wood adds warmth  
Old School office chair,  
£50 (habitat.co.uk)



Elevate the look with a  
dramatic pendant light  
Sigmund mesh pendant  
shade, £36 (iconiclights.co.uk)

Folksy is in fashion  
Woodland wallpaper  
in sage green, £12 per  
roll (dunelm.com)

Herbal shades give a lift  
Marble matt emulsion in  
Notting Hill, £26 for 1 litre  
(mylands.com)

## HOW TO DO IT

'This relaxed, versatile style has an emphasis on nature, using a chalky, verdant colour palette and botanical prints and accessories. Bleached wood, wicker and recycled glass in shades of soft sage green have a calm and restorative effect.'

ANDREW TANNER,  
HABITAT HOME DESIGN  
MANAGER

# Cool COUNTRY

Forget the chintz and the scrubbed pine. This look is nature 2021



Modern botanicals  
Green Lavender  
cushion, from £24.99  
(perkinsandmorley.com)



Switch up textures  
Handwoven basket, £45  
(lolaandmawu.com)



Walls painted in Aquamarine Mid  
absolute matt emulsion, £48.50 for  
2.5 litres; woodwork painted in Livid  
intelligent satinwood, £37 for 1 litre  
(both littlegreene.com)

Pick tonal  
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Glazed 12-piece  
dinner set, £44  
(habitat.co.uk)

Punctuate  
sage and spearmint  
walls with matt  
black accessories to  
give this pastel  
palette a little bit  
of punch.



Add funky monochrome  
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# My most memorable MEAL

Presenter and author **Mel Giedroyc** casts her mind back to a glorious Cornish get-together



One half of the presenting duo Mel and Sue, Mel Giedroyc has written two non-fiction books; her new novel, *The Best Things*, is out now (Headline, £12.99)

Going somewhere fancy to eat is lovely if you're being taken out, but otherwise I don't like anywhere too grand. We like to cook for other people and we like our local joints – we live on the outskirts of west London and have lots of good places nearby in Wembley and Southall, especially handy if we fancy a curry.

I would go so far as to say I have a bit of a fear of ridiculously expensive, uber-pretentious restaurants. I've even taken a bit of a pop at them in my new book; two of the characters go to *the* most expensive, posey restaurant, where there's a year-long waiting list, the menu costs £895 – and the starter is a stone, but everyone is loving it, photographing it and Instagramming it... so simple is my preferred way.

A few years ago, we went camping with a load of mates in Cornwall, near Penzance. We have all been friends a long time and our kids have all grown up together – those are the best kind of holidays, where there is a good mixture of ages.

One day we decided to have a big meal together down on the beach. It was quite tricky to get to, and we all had to carry one part of our moveable feast – sausages, glasses, barbecue, burgers, big bowls of salad, loads of beer and wine. You can't go too fancy-schmancy with camping food. There must have been 20 of us, everyone with their own little job to do, and it all came together.

Eating in the fresh air is gorgeous, and in Britain it is extra special because it is never a given that the weather will be on your side. It helps, too, if people know what they are doing with food. Our friend James is a great cook and the king of spatchcock – give him an outdoor setting and a chicken, and he is in his element. He'd been off on his bike to find the best bird he possibly could and

then marinated it in something delicious before putting it over the coals. He gets very territorial cooking over fire – I think men do that.

And another mate Simon used to manage restaurants in his youth and is also an amazing cook. He made us the best salads, and then put together these things that I think are called 'dumpers'. Basically it is a Twix on a stick, wrapped in dough and roasted on the fire. Special!

We had another beach treat that I am pretty sure Mary Berry told me about. You scoop out oranges, so you are left with a globe with a hole in the top, which you fill with an orange sponge. Before the picnic we had managed to commandeer a friend-of-a-friend's cottage to make the sponge, ready to fill the orange skins. Down on the beach, we baked them in the barbecue fire and they were lovely. They took blooming forever, mind you. But worth it.

It was the end of August and a very hot day. I have loads of photos of the occasion; everyone is roaring with laughter, everyone has a glass in their hand. My brother-in-law gets very talkative when he has had a couple of beers, so there was a lot of chat from him – a very tall guy on a tiny camping stool.

There was a lot of storytelling, a lot of reminiscing and fairly relentless, good-natured teasing. Most of the day, it was just us out there having a wonderful time, and then some magic happened. The sky turned an extraordinary, blazing pink-orange and we sat and watched a sublime sunset together. When you have wonderful weather, in a special place with lovely company, it can't help but stay with you.

The sun went down quickly, so then there was all the comedy of trying to get back to the campsite in the pitch black. Had I had a Bacardi and Diet Coke by then? Not sure. ■





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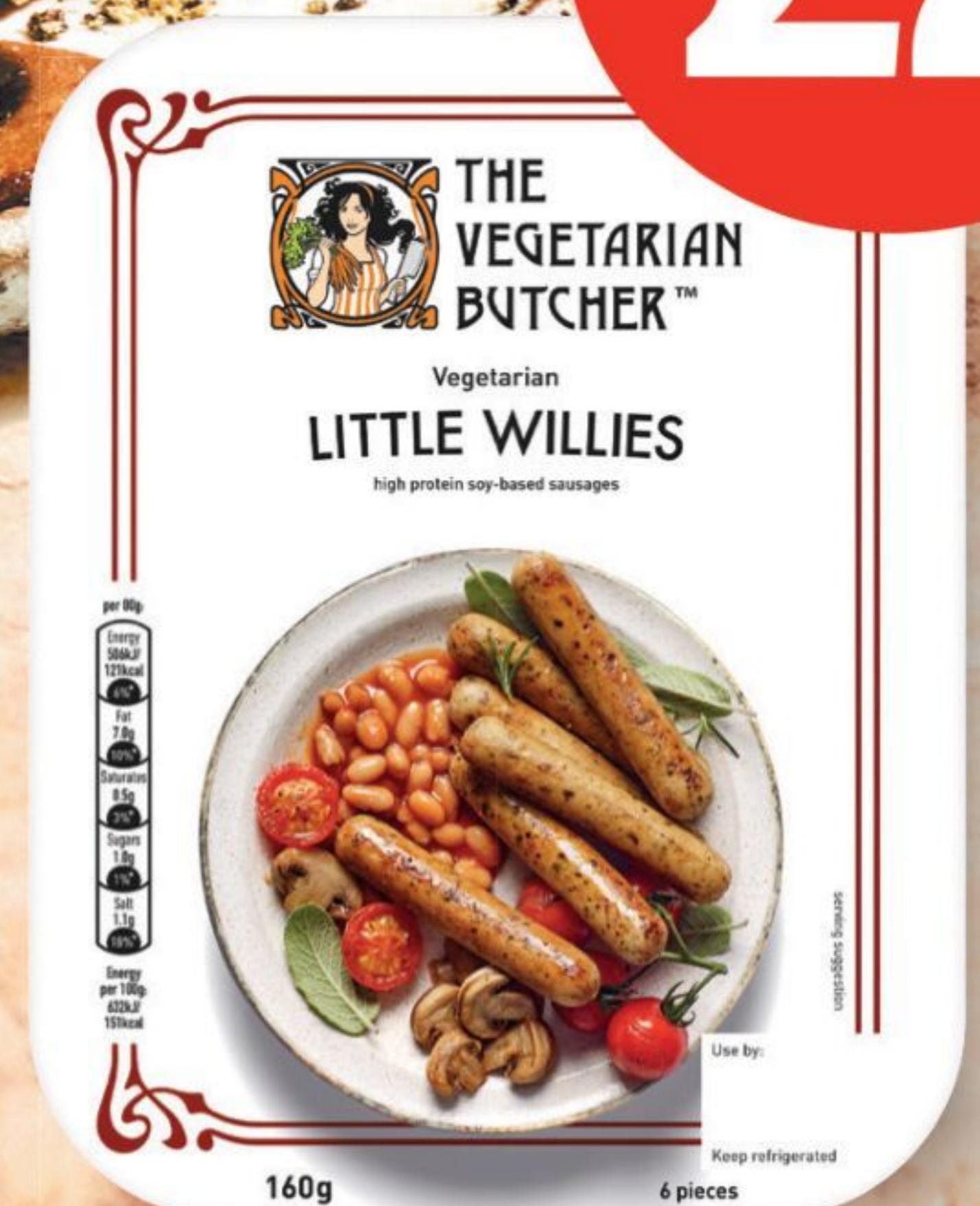
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# The scoop

Foodie news and views, tastes and trends

[SAINSBURYSMAGAZINE.CO.UK](http://SAINSBURYSMAGAZINE.CO.UK)

WORDS: LIZ STANSFIELD. RECIPE: ABIGAIL SPOONER. PHOTOGRAPH: KRIS KIRKHAM  
FOOD STYLING: KATHY KORDALIS. PROP STYLING: MORAG FAROUHAR. \*INITIALLY IN 70 STORES



## Fab fakeaway

Bento box fast-food favourite Wasabi has a new range of side dishes to try this month – look out for veggie gyoza, salmon and edamame bites, and spicy chicken pops in store. Prices start at £2.50.



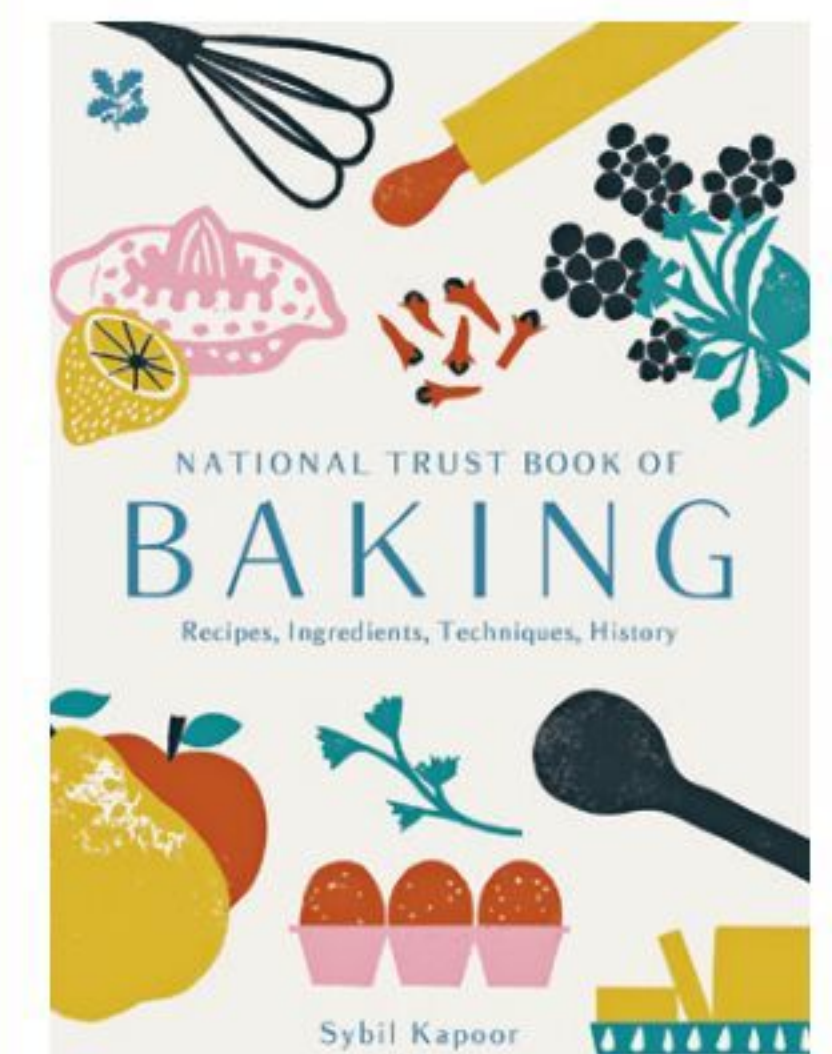
## TRAIL MIX COOKIES

Gently heat 125g **butter**, 100g **light brown sugar** and 80g **caster sugar** in a pan until the butter has just melted. Stir, then tip into a bowl and leave to cool for 10 minutes. In a separate bowl, mix together 150g **plain flour**, 150g **whole rolled oats**, 1 tsp **bicarbonate of soda**, ½ tsp **fine sea salt**, 75g **chocolate chips** and 100g roughly chopped **fruit and nut medley** (from a 200g pack). Beat 1 **large egg** and 1 tsp **vanilla extract** into the butter mixture, then mix in the dry ingredients. Chill for at least 1 hour. Preheat the oven to 180°C, fan 160°C, gas mark 4. Roll into 14 cookie dough balls; space well apart on lined baking trays. Bake for 16-17 minutes until golden brown. Cool for 5 minutes then transfer to a wire rack. (The cookie dough balls can be frozen; cook for an extra 2 minutes from frozen).

**MAKES 14** **HANDS-ON TIME 20 MINS** **TOTAL TIME 35 MINS**, PLUS CHILLING AND COOLING

## ON THE SHELF

**LIZ STANSFIELD CHECKS OUT THE NATIONAL TRUST BOOK OF BAKING**



‘What could be more comforting than a big cookbook full of classic British bakes? This new edition of Sybil Kapoor’s beautiful book is packed with ideas to fill your kitchen with delicious aromas. Delve into Britain’s famous repertoire of pastries, cakes and bread and learn how to use seasonal produce to master the tastiest of bakes. We’ve got our eye on the ever-so summery blackcurrant meringue pie...’ (National Trust Books, £16.99)

Turn to page 132 for a chance to win a copy!



## MEAT-FREE MARVEL

Future Farm is a new brand that makes plant-based ‘meat’ from soya beans, peas and chickpeas. There are burgers, meatballs, mince and sausages now in store. Our food director recommends using the mince for a tasty mushroom ragu. From £3.80

## New in store Super snacks to try this month

**Native Popped Lotus Seeds**  
**20g, £1.10**  
Light and crunchy – we liked the sweet chilli flavour.



**Peter’s Yard Sourdough Bites** 90g, £2  
Hand-baked bites with 60% less fat than potato crisps, but all the crunch.



**Small Giants Cracker Bites**  
**40g, £1.50**  
These have a lovely umami flavour from... cricket flour!\*





# WHISKY REINVENTED



## SINGLE MALT COCKTAILS

This summer, whether you're after a simple refreshing mix or something a little more adventurous, make sure you start with Crabbie's Yardhead Single Malt Whisky.



### CRABBIE COLADA:

Add 50ml Crabbie's Yardhead Whisky, 50ml Coconut Water, 50ml Pineapple Juice, 25ml Lemon Juice and 25ml Clear Runny Honey to a highball glass with ice. Give it a stir, garnish with a pineapple wedge and enjoy! ...or just serve with ginger ale!



For more drinks, check out:

@CrabbiesWhisky  
CrabbieWhisky.com

[drinkaware.co.uk](http://drinkaware.co.uk)



# The measure

All the latest news from the world of drinks

[SAINSBURYSMAGAZINE.CO.UK/DRINKS](https://sainsburysmagazine.co.uk/drinks)



## IN THE PINK

Flavour Tales is a new low-alcohol gin alternative that will be flying off the shelves this spring – it's 1.2%, so you get a slight kick without all the booze. Made with 10 distilled botanicals, it's best served over ice and topped up with your favourite tonic. £15 for 70cl



## COMING UP ROSY

South West cider producer Cornish Orchards is a welcome addition to the cider aisle in store – look out for three fruity bottles, all made with locally grown and freshly pressed apples. £2.10 for 500ml



## Cocktail class

### GRAPEFRUIT AND ROSEMARY FIZZ

MAKES 2 **V** **N** **G** **F** **D** HANDS-ON TIME 5 MINS TOTAL TIME 5 MINS

A refreshing vodka cocktail with a fruity kick...

Put 3 **rosemary sprigs** into a cocktail shaker and muddle several times by pressing down with a muddler or the end of a rolling pin to release their flavour. Add the juice of 1 **lime**, 250ml **pink grapefruit juice**, 120ml **vodka**, 15ml **Monin sugar syrup** and a handful of **ice cubes** and shake vigorously for 20-30 seconds until cold. Strain into tall ice-filled glasses and top up with 100ml chilled **sparkling water**. Garnish each glass with a rosemary sprig and a slice of **pink grapefruit**, if you like.

## BOTTLE CORNER

**JACK LUCAS,**  
WINE BUYER AT  
SAINSBURY'S, SHARES  
HIS FAVOURITE  
WINE FOR APRIL



**Baron Gassier**  
**Provence Rosé,**  
**£13 (but save £3**  
**until 4 May)**

'Time to dust off the barbecue and (hopefully) kickstart the al fresco season. Every outdoor occasion needs rosé and this one's a beauty. From the popular region of Provence in Southern France, Baron Gassier is a blend of mainly Syrah and Grenache grapes, resulting in a wine that has a delicate pink blush. It's bone dry, as you'd expect, with fresh and zingy notes of citrus fruits.'



**WINE**  
**OF THE**  
**MONTH**



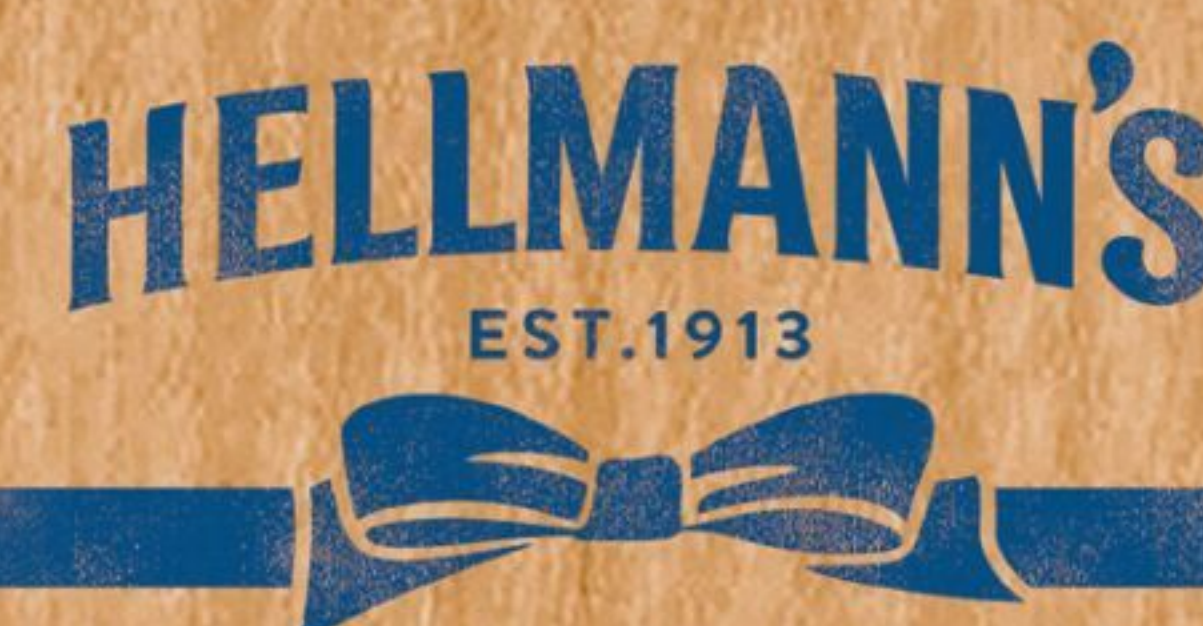


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# Let's cook

New recipes and fresh inspiration for April

[SAINSBURYSMAGAZINE.CO.UK/RECIPES](https://sainsburysmagazine.co.uk/recipes)

## SPRING SPEARS

One of the season's most exciting crops, sweet, tender asparagus can stand up to some robust flavour pairings. Try it...

### CAESAR STYLE

Brush asparagus with oil, season and roast in a hot oven until lightly browned and tender. Drizzle with Caesar salad dressing and scatter over Parmesan shavings and croutons. Finish with cracked black pepper.

### WITH BUTTERED ALMONDS AND CAPERS

Steam asparagus until just tender. Melt a knob of butter in a frying pan, add flaked almonds and cook until golden and toasted. Stir in capers, chopped dill, a squeeze of lemon juice and the steamed asparagus. Toss to coat.

### IN A QUICK TART

Mix together mascarpone, grated Gruyère, Dijon mustard and lemon zest. Score a border around the edges of a puff pastry sheet and prick the centre with a fork. Spread the cheese mixture within the borders, arrange trimmed asparagus on top, lightly brush with oil and season. Bake in a hot oven until puffed and golden brown.

WORDS: ABIGAIL SPOONER. PHOTOGRAPH: KRIS KIRKHAM.  
FOOD STYLING: KATHY KORDALIS. PROP STYLING: MORAG FARQUHAR





Seafood okra  
soup and semo

» PAGE 50



# West side glory

Although peppered with regional differences, the flavours of West African food are big, bold and intensely comforting. Why not try it for yourself with these soulful recipes from four of our favourite cooks

PHOTOGRAPHS KRIS KIRKHAM





# Coconut rice pudding

» PAGE 50

## KITCHEN TIP

You can also cook the rice pudding in a casserole, in an oven preheated to 180°C, fan 160°C, gas 4. Stir the ingredients together well, cover and cook for 55 minutes, stirring halfway. Remove the lid for a further 20 minutes to create a crisp, golden topping.



LOPÈ ARIYO

# Miyan geda and tuwo shinkafa (groundnut beef stew with ground rice balls)

'Throughout West Africa you can find certain dishes made from starchy fruits like plantains, tubers such as yams or everyday grains that are boiled down and pounded into soft pillow-like balls. This particular dish is from the Northern part of Nigeria and so the soft balls, which are the size of tennis balls, are called *tuwo* and they are always accompanied by a stew (*miyan*). Here the fluffy textures are soaked into a rich, hearty, spicy groundnut (peanut) stew called *miyan geda*. It goes down a treat with an ice-cold malt drink or ginger beer.'

SERVES 4 **GF DF**  **HANDS-ON TIME** 40 MINS **TOTAL TIME** 1 HR 30 MINS

*For the miyan geda*

- ◆ 500g-600g diced beef (we used beef shin)
- ◆ 4 tbsp palm oil\*\* or groundnut oil
- ◆ 1 large onion, sliced
- ◆ 1 red pepper, deseeded and chopped
- ◆ 2 Scotch bonnet chillies, deseeded
- ◆ 20g root ginger, peeled and sliced
- ◆ 30g ground dried crayfish\*\* (or fish sauce/shrimp paste)
- ◆ 120g smooth peanut butter
- ◆ 1 ltr beef stock\* (made using 1 stock pot or cube)
- ◆ juice of 1 lemon
- ◆ 200g spinach, roughly shredded
- ◆ unsalted peanuts, chopped, to serve

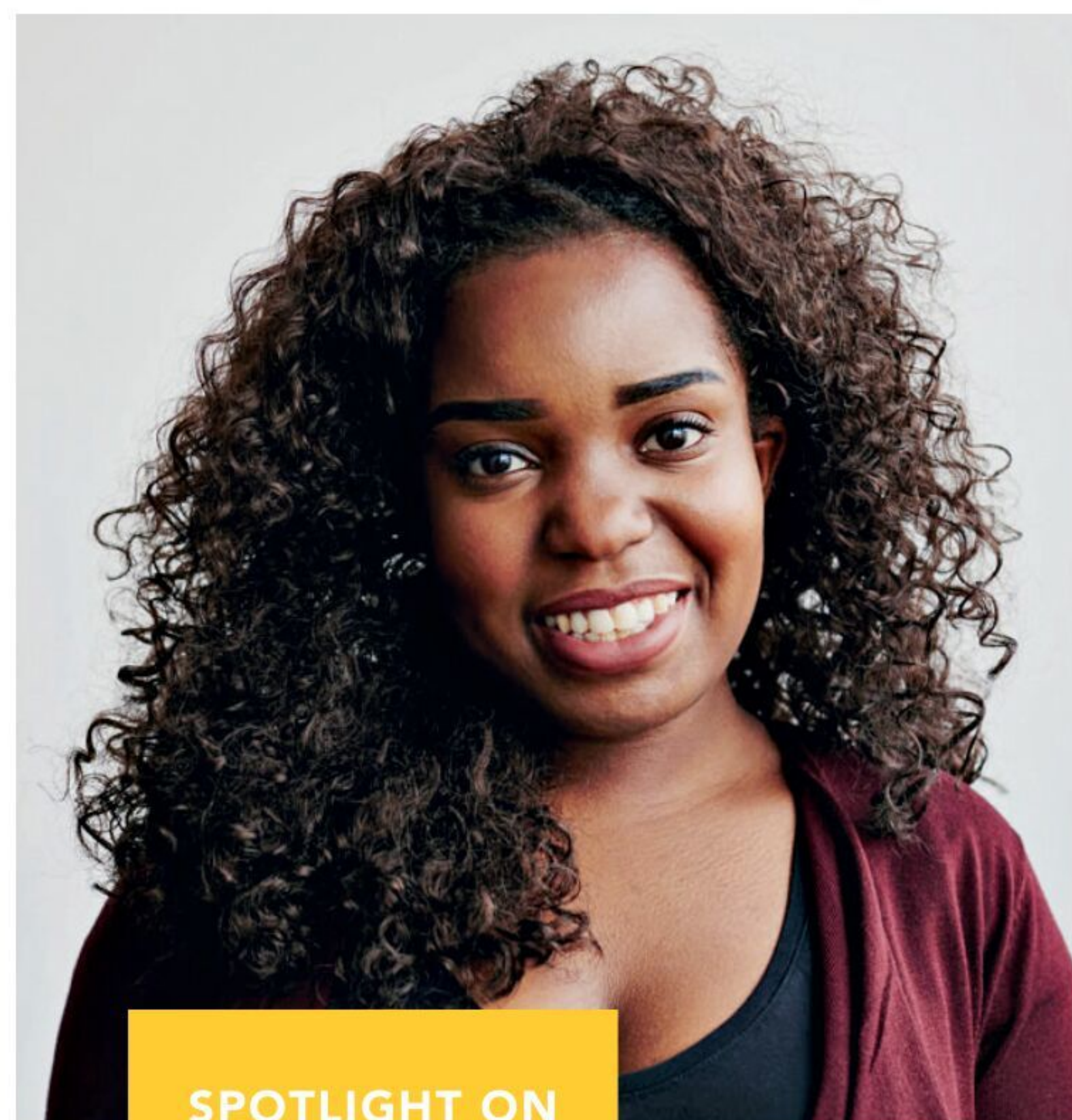
*For the tuwo shinkafa*

- ◆ ¾ tsp fine sea salt
- ◆ 275g ground rice or rice flour

- 1 Season the beef with salt and pepper. Heat 1 tablespoon of the oil in a casserole and brown the beef in batches on a high heat, for about 5 minutes per batch. Set the browned meat aside.
- 2 Put the onion, red pepper, Scotch bonnets and ginger in a blender or food processor along with 100ml of water and blitz for 2 minutes or until smooth. It should look like a tomato smoothie when it's ready. Using the same casserole that the beef was browned in, add the remaining oil and turn the heat down to medium. Add the blended onion and pepper mixture to the oil – it should sizzle when you pour it in. Fry the pepper mixture for 10-12 minutes, stirring occasionally, until it is reduced and there is no excess moisture.
- 3 In a small bowl, mix the ground dried crayfish (or alternative) and peanut butter together. Add this to the casserole and stir until well combined. Slowly add the stock, whisking continuously until well incorporated and creamy. Return the beef to the casserole, stir in the lemon juice and check the sauce for seasoning. Partially cover and cook gently for 45 minutes, stirring occasionally, or until the beef is tender. In the last 3-5 minutes of cooking, add the shredded spinach and leave to simmer.
- 4 To make the *tuwo shinkafa*, fill a pot with 600ml of boiling water, add the salt and place over a medium heat. Slowly pour in the ground rice, stirring fast and continuously using a wooden or silicone spoon. Once the ground rice thickens add another 300ml water and turn the heat down to low. Cover the pot and let the mixture steam for 8 minutes. Fold the *tuwo* once more until there are no visible lumps and all the water is gone. The *tuwo* should be soft and easily mouldable.
- 5 To get a perfectly round shape for the *tuwo*, put a little water (less than a tablespoon each) into 4 bowls. Divide the cooked dough between the bowls then carefully flip, continuously, until a ball is formed. Alternatively, scoop a quarter of the dough onto a square of clingfilm; gather the corners together then twist to shape into a round dumpling-like ball. Ladle some soup into each bowl with the *tuwo*, top with the meat and scatter over the crushed peanuts.

\*Use gluten-free stock if required.

- 729cals; 33g fat (11g sat fat); 41g protein; 7g fibre; 63g carbs; 8g total sugars; 3.6g salt ➤



**SPOTLIGHT ON  
LOPÈ ARIYO**

Food writer  
Lopè first began cooking seriously at university, where she drew comfort from recreating dishes that reminded her of her Nigerian heritage. While at uni, she won a cookery competition landing a book deal with HarperCollins. *Hibiscus* was published in 2017 – the same year Lopè was crowned *The Observer's* Rising Star in Food.

» **TO STORE**

*The miyan geda* (beef stew) can be frozen.

\*\*WE USED CAROTINO RED PALM OIL WHICH IS ETHICALLY SOURCED. GROUND DRIED CRAYFISH IS AVAILABLE FROM INTERNATIONAL GROCERY STORES, OR TRY SOUSCHEF.CO.UK











WILLIAM CHILILA

# Chicken yassa with hasselback sweet potato

'Growing up on a farm, we had chickens running around and a backyard filled with all sorts of crops, from maize to yams, and we always had an array of vegetables. One of those vegetables was sweet potatoes, which would be steamed then roasted. During my research on West African cuisine, I came across one of my personal favourite recipes to date – the Yassa, which is typical to the people of Senegal. I fell in love with the versatility of the recipe, which can be cooked not only with chicken but also with lamb and even fish. It reminds me of a similar dish my grandma used to cook for me in my teens – warm aromatic and full of love. This would be my perfect Sunday family meal – simple yet so delicious.'

**SERVES 4** **GF DF** **HANDS-ON TIME** 45 MINS **TOTAL TIME** 1 HR 35 MINS, PLUS MARINATING

## For the chicken yassa

- ◆ ½ tsp mustard seeds
- ◆ ½ tbsp flaky sea salt
- ◆ 1 tsp dried thyme
- ◆ 1 tsp garlic granules
- ◆ ½ tsp cayenne pepper
- ◆ ½ tsp smoked paprika
- ◆ ½ tsp ground black pepper
- ◆ 2 large or 5 small onions, sliced thinly
- ◆ 5 garlic cloves, sliced
- ◆ 150ml vegetable oil
- ◆ juice of 2 lemons
- ◆ 4 chicken thighs (bone in, skin on)
- ◆ 100g tomato purée
- ◆ 500ml chicken stock\* (made using 1 stock pot or cube)
- ◆ nutmeg, to serve

## For the sweet potatoes

- ◆ 4 sweet potatoes, 150g-175g each (white-fleshed if possible)
- ◆ 3 tbsp coconut oil
- ◆ ¼ tsp ground ginger
- ◆ ¼ tsp smoked paprika
- ◆ 2 tsp chopped thyme

## For the fragrant rice (or serve with plain rice)

- ◆ 1 large or 2 medium shallots, diced
- ◆ 1 tbsp vegetable oil
- ◆ 200g jasmine rice
- ◆ 1 stalk lemongrass, bashed
- ◆ 500ml chicken stock\* (made with 1 stock pot or cube)
- ◆ 3 spring onions, finely sliced

**1** For the chicken, dry fry the mustard seeds until aromatic then grind together with the salt. Tip into a large mixing bowl and add the dried thyme, garlic granules and spices, followed by the onions, garlic, oil and lemon juice. Mix well, then add the chicken thighs and mix again. Cover and marinate for at least 2 hours, or overnight.

**2** Preheat the oven to 180°C, fan 160°C, gas 4. Heat a flameproof casserole on the hob. Lift the chicken thighs from the onion mixture and fry on a fairly high heat, turning occasionally until they are golden brown all over (you shouldn't need any oil).

**3** Reduce the heat, add the tomato purée and cook for 1-2 minutes, turning the chicken pieces to coat. Tip the onions and marinade into the casserole and cook for 10 minutes over a medium heat, stirring occasionally, until the onions start to soften.

**4** Meanwhile, scrub the sweet potatoes clean and pat dry with kitchen paper. Take each potato and take a thin slice off one side to give it a stable base. Place a chopstick or wooden spoon handle on either side of the potato then make vertical cuts every 5mm – the chopsticks will stop you from slicing all the way through. Place in a baking dish. Melt the coconut oil and stir in the spices, thyme and seasoning then brush all over the potatoes.

**5** Returning to the chicken, pour in the stock, bring to a simmer, cover and transfer to the oven, with the dish of potatoes on the

top shelf. Cook for 30 minutes or until the chicken is really tender.

**6** Remove the casserole and leave to rest. Increase the oven temperature to 200°C, fan 180°C, gas 6. Fan the sweet potatoes out with a fork to separate the slices and baste with the spiced oil. Return to the oven for 20-25 minutes or until tender in the centre and crispy on the outside.

**7** For the fragrant rice, soften the shallots in the oil for 5-6 minutes then stir in the rice and the lemongrass and cook for 1 minute, stirring, before adding the stock. Bring to the boil, stir once then cover the pan and reduce the heat to low. Leave to cook undisturbed for 18-20 minutes; the rice should have absorbed all the stock. Discard the lemongrass and scatter over the spring onions.

**8** Put some cooked rice on each plate, top with a chicken thigh then spoon the onions and sauce over. Put a sweet potato alongside, and finish with a fresh grating of nutmeg.

*\*Use gluten-free stock if required.*

■ 818cals; 41g fat (10g sat fat); 25g protein; 9g fibre; 82g carbs; 19g total sugars; 3.2g salt ➤

» **GET AHEAD**  
Marinate the chicken overnight.

## SPOTLIGHT ON WILLIAM CHILILA

*A Masterchef: The Professionals semi-finalist, Zambian-born*

William spent a decade honing his skills at Orrery, the legendary Conran restaurant in London. In 2020, he went on to head up the kitchen at West African fine dining restaurant Akoko. He is now working on new projects to fully realise his passion of bringing the cuisine of his homeland to a wider audience.







EMEKA FREDERICK

## Seafood okra soup and *semo*



'My sister Ifeyinwa and I grew up eating okra soup – our mum is a pro at it. I loved watching her expertly dicing okra, before sautéing and seasoning it with more than just love. It's a popular dish in the family of "soups and swallows", which are a real staple in Nigerian households. The soups are usually thick like a stew, and the swallows are made from powdered or grated tubers, such as yam or cassava, or milled grains, such as semolina or rice, which are soaked in water and kneaded into a dough. At Chuku's we call them dumplings. *Semo* is a dumpling made from semolina – it's the perfect accompaniment for this delicious seafood okra soup.'

**SERVES 4** **DF** **HANDS-ON TIME** 25 MINS **TOTAL TIME** 45 MINS

- ◆ 350g salmon fillet, skinned
- ◆ ½ tsp sea salt
- ◆ ½ tsp coarse ground black pepper
- ◆ 1 tbsp vegetable oil
- ◆ 350g okra
- ◆ 2 tbsp palm oil\*\*
- ◆ 1 red pepper, deseeded
- ◆ ½ Scotch bonnet chilli
- ◆ 2 vegetable stock cubes
- ◆ 1 tsp fennel seeds, ground
- ◆ 1 tsp paprika
- ◆ 1 tsp ground coriander
- ◆ 2 tsp ground dried crayfish\*\* (or fish sauce/shrimp paste)
- ◆ 200g cooked seafood selection
- For the semo*
- ◆ 400g fine semolina

- 1 Start by cooking the salmon; chop into roughly 2.5cm cubes then season with the salt and black pepper. Heat a tablespoon of oil in a frying pan, add the cubed salmon and fry for 2-3 minutes per side, until cooked through. Set aside on a plate.
  - 2 Cut the tops off all of the okra, then halve lengthways and slice finely. Heat the palm oil in a large saucepan and sauté the okra for 5 minutes, so that it begins to become glutinous.
  - 3 While the okra is cooking, roughly chop the red pepper then put in a blender with the Scotch bonnet and 150ml water. Blend until smooth then mix this into the sautéed okra, crumble over the stock cubes and add 250ml water. Cook on a medium heat for 5 minutes, then reduce to a simmer for 10 minutes.
  - 4 For the *semo*, bring 1 litre of water to boiling point in a large pot. Gradually add the semolina and combine to a stiff dough. Reduce to a low heat and cook for 2-3 minutes, stirring. Set aside for a few minutes.
  - 5 Returning to the okra, stir in the ground fennel, paprika, coriander and crayfish (or alternative). Add the salmon and the seafood; cook for a further 5 minutes to heat through fully.
  - 6 With wet hands, mould the *semo* into dumplings.
  - 7 Finally, wash your hands, roll up your sleeves and enjoy breaking off a bit of *semo* and dipping it into your homemade seafood okra soup.
- 740cals; 26g fat (6g sat fat); 38g protein; 9g fibre; 84g carbs; 6g total sugars; 2.9g salt

\*\*WE USED CAROTINO RED PALM OIL WHICH IS ETHICALLY SOURCED. GROUND DRIED CRAYFISH IS AVAILABLE FROM INTERNATIONAL GROCERY STORES, OR TRY SOUSCHEF.CO.UK

### SPOTLIGHT ON EMEKA FREDERICK

Emeka founded Chuku's in North London – a Nigerian tapas restaurant – with his sister Ifeyinwa. The award-winning duo are on a mission to celebrate the best of Nigerian culture, building a community around good food and good vibes. [chukuslondon.co.uk](http://chukuslondon.co.uk)

### SPOTLIGHT ON

### ZOE ADJONYOH

Zoe started Zoe's Ghana Kitchen more than a decade ago to raise the profile of African food. Through supper clubs, pop-ups and writing, she has been a key part of the new African food revolution. [zoesghana.kitchen.co.uk](http://zoesghana.kitchen.co.uk)



ZOE ADJONYOH

## Coconut rice pudding

'Rice pudding was a staple in our family home – anglicised, perhaps, with lots of strawberry jam over its molten creamy mess. The typical and simple Ghanaian breakfast dish of rice water – literally rice soaked in water – could be a precursor to what we think of as rice pudding. This recipe is heavily influenced by my travels across India and South East Asia, yet still takes me to my childhood home comforts and is less watery and more exciting in flavour than traditional rice pudding. In my grandma's house it's served with lashings of evaporated milk and sugar to make it taste interesting – an approach my dad also took to rice pudding at home. But my recipe uses lots of good, natural ingredients that will also soothe any sweet tooth – it's a real treat!'

**SERVES 4** **V** **VN** **GF** **DF** **HANDS-ON TIME** 10 MINS **TOTAL TIME** 35 MINS

- |   |  |
|---|--|
| ◆ 150g pudding rice                     | <i>For the topping</i>   |
| ◆ 1 x 400ml tin full-fat coconut milk   | ◆ 1 tbsp desiccated coconut, or thin shavings of fresh coconut |
| ◆ 250ml almond milk                     | ◆ 2 tsp coconut oil  |
| ◆ 3 tbsp coconut sugar (or light brown) | ◆ 1 ripe plantain or banana, peeled and thinly sliced          |
| ◆ 1 tsp ground cinnamon                 |  |
| ◆ ½ tsp ground nutmeg                   |  |

- 1 Put all the ingredients (except those for the topping) in a heavy-based saucepan and bring to the boil. Reduce the heat and simmer for 20-25 minutes, stirring occasionally to avoid sticking, until the liquid has been absorbed and the rice is cooked through (see Kitchen Tip on page 45 if you'd prefer to bake it in the oven).
  - 2 For the topping, heat a small dry frying pan and toast the desiccated or fresh coconut for 1-2 minutes over a low heat so that it doesn't burn, then remove from the pan and set aside.
  - 3 Add the coconut oil to the frying pan and then the plantain or banana slices and fry over a medium heat until lightly caramelised on both sides.
  - 4 Serve the rice pudding in bowls topped with the toasted coconut and fried plantain or banana.
- 449cals; 22g fat (18g sat fat); 5g protein; 2g fibre; 57g carbs; 17g total sugars; 0.1g salt ■

FOOD STYLING: KATHY KORDALIS. PROP STYLING: MORAG FARQUHAR. PORTRAIT PHOTOGRAPHS: TRISTAN BEJAWN (EMEKA FREDERICK), JULIAN GEORGE (WILLIAM CHILILA), NASSIMA ROTHAKER (ZOE ADJONYOH)



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# Time FOR TEA

We all love a cuppa but tea, with all its complex flavour layers, isn't just for drinking. Used as an ingredient in these bakes and cakes takes their yumminess to the next level

RECIPES **ABIGAIL SPOONER** PHOTOGRAPHS **MAJA SMEND**



**Victoria sponge  
with tea-scented  
plum jam**





## Earl Grey lemon drizzle muffins

» PAGE 57





## Chocolate-dipped chai butter shortbread

» PAGE 58



# Pistachio and apricot cake with camomile syrup

» PAGE 58





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## Victoria sponge with tea-scented plum jam

Sandwiched with a smoky lapsang souchong-infused plum jam, this twist on a Great British classic makes for the perfect teatime slice. The jam would work brilliantly on scones, too.

**MAKES** 10 SERVINGS **V** ❄️ **HANDS-ON TIME** 55 MINS **TOTAL TIME** 2 HRS, PLUS COOLING

- ◆ 200g soft butter, plus extra to grease
- ◆ 200g caster sugar
- ◆ 4 large eggs, beaten
- ◆ 200g self-raising flour
- ◆ 1 tsp baking powder
- ◆ 2 tbsp milk

### For the buttercream

- ◆ 100g soft butter
- ◆ 140g icing sugar, sifted, plus extra to dust
- ◆ 1 tsp vanilla extract
- ◆ ½ tbsp milk

### For the jam (makes 1.5kg)

- ◆ 8 lapsang souchong tea bags
- ◆ 1kg plums, stones removed, chopped
- ◆ 1 cinnamon stick
- ◆ 1kg jam sugar (or granulated)
- ◆ juice of 1 lemon

- 1 For the jam, put a few small plates or saucers in the freezer ready to test the set.
- 2 Take a square of muslin (or a clean J-cloth that has been sterilised in boiling water) and snip open the tea bags, emptying the tea leaves onto the material. Bring the corners together to make a loose pouch and tie tightly with string. Put in a large heavy-based pan with the plums, 150ml water and the cinnamon. Bring up to the boil, reduce the heat and simmer, uncovered, for 40-45 minutes, stirring occasionally, until the plums are very soft and pulpy and the liquid has reduced.
- 3 Add the sugar and stir over a low heat until it has dissolved. Add the lemon juice, bring to a rolling boil and boil rapidly for 5-7 minutes. Remove from the heat, put a spoonful of the jam on the frozen plate and test for the setting point by gently pushing the jam with your finger. If it wrinkles on the surface, it is ready. If not, boil for a further 2 minutes and test again. Discard the tea and cinnamon and pour the jam into hot, sterilised jars, seal and leave to cool.

- 4 For the cakes, preheat the oven to 190°C, fan 170°C, gas 5. Grease and base-line two 20cm sandwich tins.
  - 5 Beat together the butter, sugar, eggs, self-raising flour, baking powder and milk until you have a smooth batter. Divide the mixture evenly between the tins, using a spatula to level out the surface.
  - 6 Bake for 20-22 minutes until springy to the touch. Cool in the tins for 5 minutes then turn out onto a wire rack to cool completely.
  - 7 For the buttercream, beat the butter until creamy then gradually add the icing sugar. Finally, beat in the vanilla extract and milk.
  - 8 Spread the buttercream over one sponge then spread over about 225g of the plum jam. Take care not to spread too far to the edges. Sandwich the second sponge on top and finish with a dusting of icing sugar.
- 523cals; 28g fat (17g sat fat); 6g protein; 1g fibre; 64g carbs; 49g total sugars; 1g salt

» **GET AHEAD**  
The jam keeps for 6 months, unopened; store in the fridge after opening for up to 1 month. The sponge layers can be frozen. Leftovers of the assembled cake will keep for 2-3 days.

## Earl Grey lemon drizzle muffins

These citrusy muffins are infused with the bergamot flavour of Earl Grey tea. Lovely and light inside, with a crunchy sugar drizzle on top.

**MAKES** 12 **V** ❄️ **HANDS-ON TIME** 20 MINS **TOTAL TIME** 35 MINS, PLUS INFUSING AND COOLING

- ◆ 250-275ml milk
- ◆ 8 Earl Grey tea bags
- ◆ 300g self-raising flour
- ◆ 175g caster sugar
- ◆ 1 tsp baking powder
- ◆ 5 tbsp sunflower oil
- ◆ 1 large egg
- ◆ 3 lemons
- ◆ 150g granulated sugar

- 1 Put 200ml of the milk in a small saucepan and bring to a simmer. Put the tea bags in a large mug or small bowl and pour in the hot milk. Stir, cover and leave to infuse for at least 30 minutes. Strain over a measuring jug to collect the Earl Grey-infused milk, pressing the tea bags with the back of a spoon, and top up with cold milk until you have 200ml again.
  - 2 Preheat the oven to 200°C, fan 180°C, gas 6 and line a 12-hole muffin tin with paper or silicone muffin cases.
  - 3 In a large bowl, stir together the flour, caster sugar, baking powder and a pinch of salt. In another bowl, whisk together the oil, infused milk, egg, and the zest and juice of 1 lemon.
  - 4 Pour the wet ingredients into the dry and quickly mix with a fork. Don't overwork the mixture – it should be a little lumpy. Spoon the mixture into the muffin cases and bake for 14-16 minutes until risen and lightly browned. Cool for a few minutes then transfer to a wire rack, set over a large tray.
  - 5 To decorate, pare the zest of 1 lemon; set aside. Stir together the sugar and the juice of 2 lemons, then spoon this glaze all over the tops of the muffins while still warm. Scatter with the pared lemon zest and leave to set and cool fully before serving.
- 260cals; 6g fat (1g sat fat); 4g protein; 1g fibre; 47g carbs; 28g total sugars; 0.4g salt ➤



» **GET AHEAD**  
The muffins will keep for up to 4 days in an airtight container, or can be frozen.



# Chocolate-dipped chai butter shortbread

All the butteriness of traditional shortbread, infused with chai tea spices.

**MAKES** 12 FINGERS **V\*** **HANDS-ON TIME** 30 MINS **TOTAL TIME** 1 HR 45 MINS PLUS COOLING, CHILLING AND SETTING

- ◆ 325g butter, plus extra to grease
- ◆ 6 chai tea bags (we used Pukka vanilla chai)
- ◆ 125g golden caster sugar, plus extra to sprinkle
- ◆ 300g plain flour
- ◆ 50g cornflour
- ◆ 1 tsp ground cinnamon
- ◆ seeds of 8 cardamom pods, crushed finely
- ◆ ½ tsp fine sea salt
- ◆ 175g dark or milk chocolate, chopped
- ◆ chocolate vermicelli, to decorate, optional



» **GET AHEAD**  
The biscuits will keep in an airtight container for up to 5 days, or can be frozen.

- 1 Ideally start the day before, or at least several hours ahead. Put the butter and tea bags in a medium saucepan, melt over a low heat then simmer gently for 2 minutes. Cover and leave to infuse for at least 45 minutes. Strain over a bowl to collect the infused butter, pressing the tea bags with the back of a spoon. Place in the fridge to set and solidify. Once set, return the butter to room temperature to soften.
  - 2 Preheat the oven to 170°C, fan 150°C, gas 3½. Grease and line the base and sides of a 20cm square cake tin with baking paper.
  - 3 Put 250g of the chai butter (leaving the milky liquid behind) and the sugar in a large mixing bowl and cream together with a wooden spoon until well softened. Stir in the flour, cornflour, spices and salt.
  - 4 Use a spatula to bring everything together as a soft dough, taking care not to overwork it. Press the mixture into the prepared tin. Lay a sheet of baking paper or clingfilm on top then flatten the surface of the shortbread using the spatula or the back of a spoon. Discard the covering, mark into 12 fingers and bake for 55-60 minutes until just firm. Remove from the oven, sprinkle with caster sugar and leave to cool in the tin.
  - 5 Once cooled completely, remove from the tin and cut into fingers, using the markings. Melt the chocolate in a heatproof bowl set over a pan of gently simmering water. Working with one shortbread finger at a time, use a teaspoon to coat one third with the chocolate, then place on a lined baking tray. Sprinkle vermicelli over the chocolate end. Repeat with the remaining fingers and leave to set.
- 380cals; 22g fat (13g sat fat); 3g protein; 1g fibre; 42g carbs; 19g total sugars; 0.6g salt

# Pistachio and apricot cake with camomile syrup

**MAKES** 12-16 SERVINGS **V\*** **HANDS-ON TIME** 30 MINS **TOTAL TIME** 1 HR 5 MINS, PLUS INFUSING

- ◆ 225ml milk, plus extra if required
- ◆ 8 camomile tea bags
- ◆ 125g pistachio kernels
- ◆ 150g soft butter, plus extra to grease
- ◆ 150g caster sugar
- ◆ 2 large eggs, beaten
- ◆ zest of 1 orange
- ◆ 50g plain flour, plus 1 tbsp
- ◆ 50g fine polenta
- ◆ 2 tsp baking powder
- ◆ 125g dried apricots, finely chopped

*For the syrup*

- ◆ 3 camomile tea bags
- ◆ 75g caster sugar



- 1 Put the milk in a small pan and bring to a simmer. Place the tea bags in a mug and pour in the hot milk. Cover and leave to infuse for at least 30 minutes. Strain over a bowl to collect the infused milk, pressing the tea bags with the back of a spoon. Measure out 125ml, topping up with more milk if needed.
  - 2 Grease and line the base and sides of a 20cm square cake tin. In a small food processor, blitz 100g of the pistachios until very finely chopped but not oily. Use a knife to roughly chop the remaining 25g pistachios, then set aside for decoration. Preheat the oven to 180°C, fan 160°C, gas 4.
  - 3 Beat together the butter and sugar until light and fluffy. Gradually add the eggs, followed by the orange zest. In a separate bowl, mix together the 50g flour, polenta, baking powder, ground pistachios and a pinch of salt. Fold this into the egg mixture, alternating with the infused milk. Lastly, toss 100g of the chopped dried apricots with the extra tablespoon of flour, then fold into the cake batter.
  - 4 Spoon into the prepared tin and bake for 30-35 minutes until a skewer inserted into the centre comes out clean. Cool in the tin for 15 minutes then turn out onto a wire rack.
  - 5 Meanwhile for the syrup, infuse the tea bags in 100ml boiling water, for 10 minutes or so. Squeeze and remove the tea bags then pour the tea into a small pan. Add the sugar and stir over a low heat until the sugar dissolves then increase the heat and boil for about 5 minutes until reduced and lightly syrupy. Take care not to over-reduce. Generously brush the syrup over the surface of the cake and scatter with the reserved pistachios and apricots. Serve warm or allow to cool completely. Cut into triangles.
- 300cals; 17g fat (8g sat fat); 5g protein; 1g fibre; 30g carbs; 22g total sugars; 0.5g salt ■

» **GET AHEAD**  
The cake will keep in an airtight container for 4 days, or can be frozen.





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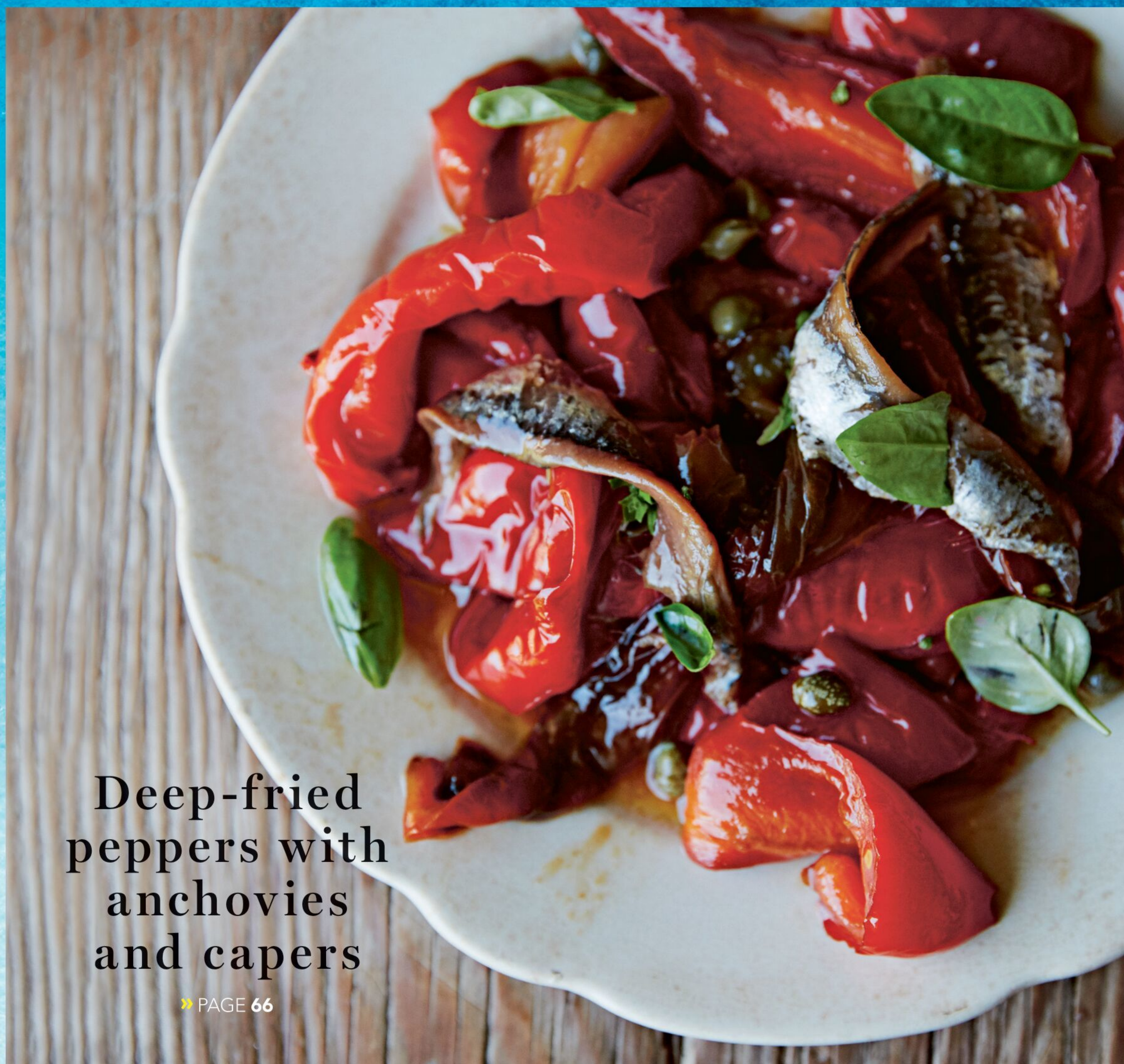
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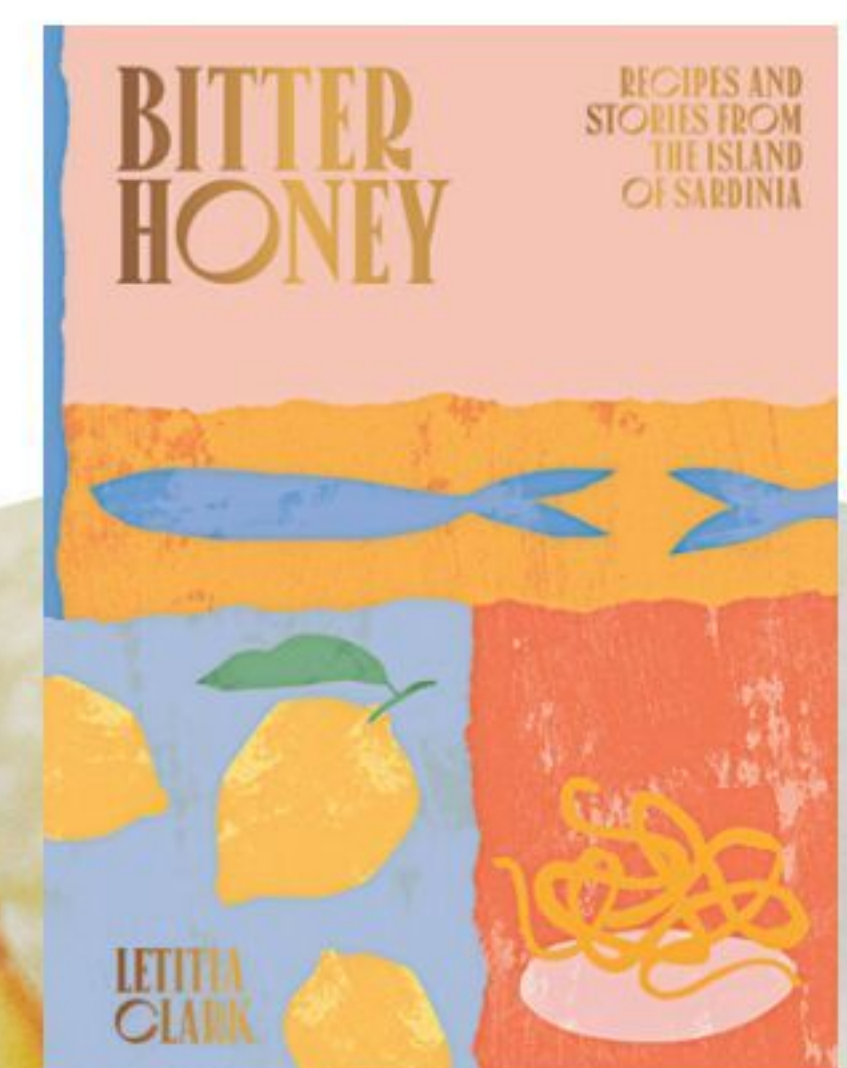
» PAGE 66

Missing lazy evening suppers under a Mediterranean sky? Let **Leticia Clark**'s sun-soaked Sardinian recipes transport you to your happy place



## LETICIA CLARK

Devon-born food writer Leticia Clark moved to Sardinia in 2017, fuelled by her passion for Italian food. Her first cookbook *Bitter Honey: Recipes and Stories from the Island of Sardinia* (Hardie Grant, £26), is a love letter to her new home.



### SARDINIAN MENU TO SERVE 4

#### STARTER

Deep-fried peppers with anchovies and capers

#### MAIN

Sea bream baked with potatoes  
Courgettes with mint, chilli and almonds

#### DESSERT

Fried ravioli with cheese and honey

## Sea bream baked with potatoes

▶ PAGE 66



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# Slow-cooked courgettes with mint, chilli and almonds

**SERVES** 4 GENEROUSLY **V VN GF DF**

**HANDS-ON TIME** 15 MINS

**TOTAL TIME** 40 MINS, PLUS COOLING

'The courgette, like the aubergine, is something the Italians understand well. They know that liberal oil is the key to unlocking the sweet nuttiness of this water-heavy vegetable. In this recipe, known as *zucchine con menta e mandorle*, the courgettes are cooked long and slow, in plenty of olive oil, with a sprinkling of dried chilli and lots of finely sliced garlic. After eating them like this, you'll never think ill of a courgette again. I love mint here, but any soft herb is good – dill, tarragon, basil or parsley.'

- ◆ 5 tbsp olive oil
- ◆ 3 garlic cloves, finely sliced
- ◆ 700g courgettes, sliced into thin rounds
- ◆ a pinch of chilli flakes
- ◆ handful of mint leaves, shredded
- ◆ pinch of lemon zest
- ◆ 2 tbsp flaked almonds, toasted and chopped roughly

- 1** In a heavy, lidded frying pan over a medium heat, warm the oil and then add the garlic and the courgettes. Add the chilli flakes and cook uncovered over a medium-low heat, stirring occasionally, so that the courgettes begin to take on some colour and caramelise.
  - 2** After 5-10 minutes, when a fair few of the courgettes have caramelised, place the lid of the pan on and turn the heat down. Cook for another 10 minutes, stirring occasionally; if they begin to catch, add a splash of water. Once softened, remove from the heat, taste and season.
  - 3** Add the shredded mint, lemon zest and almonds just before serving. This is best eaten at room temperature.
- 202cals; 18g fat (2g sat fat); 5g protein; 3g fibre; 3g carbs; 3g total sugars; trace salt ►

» **GET AHEAD**  
Prep to the end of step 2,  
up to 2hrs ahead.





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## KITCHEN TIP

You'll have cheese trimmings left over after cutting the discs to fill the ravioli; add them to a cheese sauce, use in a toastie or on pizza.

# Fried ravioli with cheese and honey

**MAKES 4** **V** **HANDS-ON TIME** 35 MINS **TOTAL TIME** 1 HR, PLUS RESTING, COOLING AND CHILLING

'*Seadas* – also known as *sebadas* – is Sardinia's most iconic dessert. These pastries are a celebration of the simplicity and quality of Sardinian produce: more specifically, cheese and honey. Traditionally a fresh pecorino is used, which is only aged for a few days and allowed to become slightly sour, then seasoned with lemon zest and encased in a lard-based pastry. The cheesy parcel is then deep-fried until it blisters and puffs and is served, golden and glistening, bathed in honey. If you dislike lard, you can use olive oil or butter, and if you can't find fresh pecorino, use a young sheep's, goat's or cow's cheese. What is important is that it is rubbery rather than creamy, as this is what gives it the stringy texture when melted.'

### For the pastry

- ◆ 100g 00 (or plain) flour, plus 1 tbsp for the filling and extra to dust
- ◆ 100g fine semolina
- ◆ 20g lard, at room temperature

### For the filling

- ◆ 260g sheep's milk cheese\* (we used Singleton's Parlick), cut into small pieces
- ◆ zest of 1 lemon
- ◆ sunflower oil, for deep-frying
- ◆ honey, for drizzling

- 1 Put the flour and semolina in a bowl with a pinch of salt; mix in 100ml water and knead to form a smooth dough. Tip the dough onto a work surface and knead in the lard; this should take a good few minutes of steady kneading and the dough will become less sticky. Wrap in clingfilm and rest for 30 minutes, at room temperature.
- 2 To make the filling, put the cheese in a bain-marie, or a heatproof bowl over a pan of gently simmering water. Leave to melt, stirring occasionally. When it starts to form one gooey mass, add a spoonful of flour to soak up the liquid that has seeped out. Stir gently and add the lemon zest, plus a pinch of salt if needed. When it has come together, spread into an even 1cm-thick layer on a lined tray and leave to cool and set.
- 3 Meanwhile, roll out your dough very thinly, dusting with flour if it gets sticky. Cut 8 circles using a cutter, around the size of a large orange or small grapefruit.
- 4 Use a smaller cutter to cut 4 circles from the set cheese; by now it should be solid. Place each circle of cheese in the centre of a dough circle. Dampen the edges and place another circle of pastry on top to sandwich the cheese, and then press down to form little parcels. Seal them well (I cut around them again at this point using a ravioli cutter to get nice, even, crinkly edges). Put on a lined baking sheet and keep in the fridge (for up to 24 hours) or freezer until ready to cook and serve.
- 5 When you are ready to cook, bring your oil to frying temperature, 190°C, in a deep pan. Delicately place the *seadas* in the oil and fry them until they are golden and crisp. Fish them out with a slotted spoon and drain quickly on kitchen paper. Serve drizzled with honey. *\*Use vegetarian cheese if required.*

■ 485cals; 23g fat (9g sat fat); 12g protein; 2g fibre; 55g carbs; 15g total sugars; 0.7g salt ➤



# Deep-fried peppers with anchovies and capers



**SERVES** 4, WITH LEFTOVERS **GF DF**  
**HANDS-ON TIME** 10 MINS  
**TOTAL TIME** 45 MINS, PLUS RESTING

'The Sardinians love deep frying. In this dish, known as *peperoni fritti con acciughe e capperi*, the peppers become deliciously soft, silky and sweet, but you can achieve a similar result if you roast them slowly in the oven with lots of olive oil. They are addictively good. You can make them the day ahead and they are even better; in fact, they must sit for a few hours for the flavours to mellow and develop. The anchovy, vinegar and capers make a wonderfully piquant dressing to foil the sweetness. Serve at room temperature, with plenty of crusty bread and some shards of salty pecorino cheese.'

- ◆ 500ml olive oil, to fry
- ◆ 3 large red peppers, deseeded, cut into eighths lengthways
- ◆ 8 anchovy fillets, torn lengthways
- ◆ 1 tbsp miniature capers
- ◆ 1 tbsp red wine vinegar
- ◆ a few basil leaves, to serve
- ◆ extra-virgin olive oil, to drizzle

» **GET AHEAD**  
 Prep to the end of step 2, cover and chill; the peppers keep for up to 3 days in the fridge. Bring back to room temperature before eating.

- 1 In a large frying pan over a medium heat, warm the olive oil and then fry the pieces of pepper until they are completely soft and just beginning to take on some colour; about 30-40 minutes. Remove and drain well on kitchen paper (the oil can be re-used).
  - 2 Heap the peppers into a mixing bowl and stir through the anchovies, capers and vinegar. Taste for seasoning. They shouldn't need salt as the anchovies are salty but if they are insipid, then add a pinch. Stir well and leave to sit for at least 1 hour – even better, 3-4 hours.
  - 3 Serve at room temperature, scattered with some fresh basil and drizzled with your best oil.
- 141cals; 12g fat (2g sat fat); 2g protein; 3g fibre; 5g carbs; 5g total sugars; 0.3g salt



» **GET AHEAD**  
 Prep the tray of potatoes and tomatoes up to 1 hr before cooking.

# Sea bream baked with potatoes

**SERVES** 4 **GF DF** **HANDS-ON TIME** 15 MINS  
**TOTAL TIME** 55 MINS

'A classic all over Italy and known as *orata al forno con patate*, this makes a wonderful centrepiece and encourages the sort of communal, bread-dunking atmosphere that makes for the most enjoyable weekend meals. It is also remarkably delicious for something so simple, and tastes like a refined version of fish and chips. I vary what I add to it according to what I have at home. Sometimes a sprig of rosemary, sometimes some sliced fennel or mushrooms. Often if I don't have tomatoes (or it's not the season) I leave them out. It's good any which way. It's important to be generous with the oil.'

- ◆ 500g waxy potatoes
- ◆ flaky sea salt
- ◆ best-quality olive oil, at least 4 tbsp
- ◆ handful of cherry tomatoes, halved
- ◆ handful of green olives
- ◆ handful of parsley, roughly chopped
- ◆ 1 small glass (about 150ml) of Vernaccia or other dry white wine
- ◆ 2 garlic cloves, halved
- ◆ 1 x 520g pack of 2 whole sea bream

- 1 Preheat the oven to 200°C, fan 180°C, gas 6. Wash the potatoes but don't bother peeling them. Slice them into thin discs – as thin as you can manage without wasting time and worrying about it.
  - 2 Lay the potato slices in a roasting tin or gratin dish and season well with salt. Add a hefty glug of olive oil and stir them around with your hands until they are all well coated and oily.
  - 3 Scatter in the tomatoes, olives and parsley, then add the wine and the garlic cloves. Arrange everything evenly and flatly, like a nicely made bed ready to receive the fish. Roast for 15 minutes initially.
  - 4 Season the fish well with salt and drizzle with some oil. Place it on top of its bed and return the tin to the oven. Cook for around 20-25 minutes, or until the fish is done. If your potatoes are still a little al dente but the fish is ready, remove the fish, set aside and cover with foil; return the potatoes to the oven for a few minutes.
  - 5 Serve on the table in the roasting tin for people to serve themselves.
- 352cals; 16g fat (2g sat fat); 22g protein; 3g fibre; 20g carbs; 3g total sugars; 1.1g salt ■



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# *I can't wait to make...*

After a year without the pleasure of cooking for visiting friends and family, four of our favourite chefs reveal the dishes they're most looking forward to serving up again

RECIPE PHOTOGRAPHS  
**MARTIN POOLE**

WORDS **CHANTELLE HORTON**

'My centrepiece will be this roast shoulder of lamb – but the real joy will be having people around the table'

SABRINA GHAYOUR



**CHEF SABRINA GHAYOUR  
LIVES IN YORKSHIRE WITH HER  
PARTNER AND TWO CHILDREN**

**B**eing Persian is being part of a feasting culture, and the return of that joyful conviviality and the sharing of food is what I'm most looking forward to. My centrepiece dish will be this roast shoulder of lamb – roasting something is always special as you don't do it every day. But the real joy will be having people around the table, especially after this past year.

The ritual of making and preparing food is what's got me through lockdown. When you're stuck at home, comfort is edible. I've probably baked and made more cookies than I've ever made in my life! And I've cooked food from every corner of the earth. I've made sushi, regional Indian food, southern American dishes – things I'd normally be eating and haven't been able to. I moved from London to a tiny village in Yorkshire and there's no Deliveroo or takeaways. So whether it's chow mein or ceviche I fancy, I've had to make it myself. My house has been like a restaurant in constant service. When restaurants reopen, I'm going to spend some serious cash!

When the pandemic initially hit, it wiped out my whole year of business. My entire income disintegrated. I had to cancel supper clubs, cookery classes, travel jobs and client campaigns. Then I started to find new ways to make things work. I've learned how to exist on far less and to think outside of the box with storecupboard ingredients; jams, marmalades and vinegars all became ingredients for sauces and marinades. It reminded me to stick to the ethos I've always had about keeping recipes as humble as possible, because you never know what you're going to go through or what others are going through.

When life returns to normal, I'll never take the freedom of shopping and availability of ingredients for granted again. This experience will have changed us all and, ultimately, I hope people will be kinder to each other as a result.

*Simply: Easy Everyday Recipes* by Sabrina Ghayour (Mitchell Beazley, £26) is out now

PHOTOGRAPH: KRIS KIRKHAM



## Slow-roast lamb and yogurt orzo with pine nuts, herbs and currants

'This recipe has a very Turkish/Greek/Bulgarian feel to it in flavour... there are lots of ingredients and flavour combinations used in regions of those countries, which I absolutely love. It always reminds me of travelling and exploring, providing the perfect kind of escapism I need.'

**SERVES 6 HANDS-ON TIME 30 MINS TOTAL TIME 4 HRS 40 MINS**

- ◆ 1.8kg-2kg lamb shoulder (on the bone)
- ◆ 1½ tbsp olive oil
- ◆ 2 tsp dried oregano
- ◆ 1 tsp ground coriander
- ◆ 1 tsp paprika
- ◆ 1 tsp garlic granules

**For the yogurt orzo**

- ◆ 250g orzo pasta
- ◆ ½ x 30g pack flat-leaf parsley, finely chopped
- ◆ ½ x 20g pack dill, finely chopped
- ◆ 1 tsp dried mint
- ◆ 1 tsp ground cinnamon
- ◆ 50g pine nuts, toasted
- ◆ 50g currants
- ◆ 2 tbsp olive oil
- ◆ 250g full-fat Greek yogurt (the thick one, not Greek-style)

- 1** Preheat the oven to 160°C, fan 140°C, gas 3 and line a roasting tin with baking paper. Put the lamb in the tin, drizzle with the oil and rub all over to coat.
  - 2** Mix the oregano, ground coriander, paprika and garlic granules together, sprinkle all over the lamb, top and underside, rubbing it in and seasoning generously on both sides with salt and pepper. Roast for 4 hours.
  - 3** About 20 minutes before the lamb will finish cooking, make the yogurt orzo. Bring a saucepan of water to the boil and cook the orzo to the packet instructions. Put the fresh herbs, dried mint, cinnamon, pine nuts and currants into a heatproof bowl along with a generous seasoning of salt and pepper and 1½ tablespoons of the olive oil. Once the orzo is cooked, drain into a sieve and set aside.
  - 4** Using the same pan over a medium heat, add the yogurt, 100ml of boiling water from the kettle and the remaining ½ tablespoon olive oil. Stirring almost constantly for a couple of minutes, heat the yogurt up, but gently, so as not to curdle it. Once the yogurt is hot, remove the pan from the heat. Add the orzo to the bowl with the fresh herb mixture and then pour over the yogurt sauce and mix everything really well until evenly combined and creamy. If you'd like your sauce to be a little looser, just add a little more boiling water to slacken it, stir well again and serve.
  - 5** Remove the lamb from the oven, shred a little using two forks and serve with the yogurt orzo.
- 671cals; 32g fat (10g sat fat); 57g protein; 2g fibre; 38g carbs; 8g total sugars; 0.4g salt ►



## 'I missed my mum's 80th birthday, and I'll make her this pear tarte tatin, my favourite dessert'

MASTER PÂTISSIER ERIC LANLARD IS OWNER OF LONDON'S CAKE BOY CAFÉ. HE LIVES IN SOUTH WEST LONDON WITH HIS PARTNER PAUL AND THEIR TWO MAINE COON CATS



**B**ack in France, our training is quite specific, so you're either a pâtissier or a baker. As a pâtissier, I'd never baked a loaf of bread in my life until lockdown. I didn't have the time. But like everyone else I started making sourdough and loved it. Even my friend [the baker and chef] Richard Bertinet was complimenting my loaves on Instagram!

There's only two of us in my house and like typical Londoners we didn't know any of our neighbours before lockdown. But I started sharing bread with a lovely 81-year-old gentleman on my road. We really got to know each other well – there have definitely been some positives in this chaotic time.

Like most businesses, it's also been tough on my work. We had to lose members of our team and stop our baking classes, which were a big part of my job. But it also allowed me to rethink certain parts of the business. For example, our afternoon teas are really popular but they're also extremely labour intensive

and use very expensive ingredients.

Lockdown gave me time to look into that and come up with ideas on how to slightly rebalance the business. And on a personal level, lockdown has given me time to slow down. I haven't had more than two weeks off work since I was 18 years old! I've loved binge-watching a TV series at night and not having to worry about going to bed early for work at 5am!

One of the things I've missed most is travel. I love going to exotic markets and trying different street food. The first place I'll probably head to is Brittany, to see my mother, whose 80th birthday I missed. I'll make her this pear tarte tatin, my favourite dessert. I love how rustic it is. Whenever I teach people, I tell them the great story behind it – it started life as a mistake in a kitchen in France, so they shouldn't worry too much about being precise. I serve this straight from the oven; I love the drama of bringing it to the table with the hot, caramel steam coming off it, and watching everyone tuck in.

*cake-boy.com*

## Pear tarte tatin

**SERVES 6** **V** **HANDS-ON TIME** 30 MINS **TOTAL TIME** 1 HR 10 MINS, PLUS COOLING AND RESTING

- ◆ 1 x 375g sheet all-butter puff pastry
- ◆ plain flour, to dust
- ◆ 55g soft unsalted butter
- ◆ 100g golden caster sugar
- ◆ 9 pears (we used Conference)
- ◆ 2 tsp juniper berries
- ◆ crème fraîche or fromage frais, to serve

- 1 Unroll the pastry sheet onto a lightly floured surface then roll out thinner to a square. Using a plate that is slightly larger than the top of your pan as a template, cut out a circle of pastry. Chill on a baking tray while you prepare the remaining ingredients.
- 2 Cut the butter into small cubes and scatter into an 18cm base diameter tarte tatin pan (or ovenproof frying pan). Sprinkle in the sugar.
- 3 Next, peel the pears, cut them in half and scoop out the cores with a teaspoon or melon baller. Put the pan of butter and sugar over a medium-high heat. Watch the pan carefully at this stage, moving it around if one area is browning faster than another, and shaking the pan rather than stirring. Once

the sugar has caramelised, remove from the heat. Lightly squash the juniper berries with the back of a spoon (without breaking them up) and scatter into the caramel.

- 4 Preheat the oven to 220°C, fan 200°C, gas 7.
- 5 Tightly pack the pears in a circle in the pan of caramel, with their more attractive rounded sides downwards. Slightly overlap the pears at an angle in order to pack as many in as you can. Place the pan back on a medium-high heat and cook for a good 15 minutes or until the pears are getting nicely caramelised underneath. The pears will shrink slightly as they cook – do not be afraid to add another slice or two to the tarte.
- 6 Remove from the heat and leave

to cool for 10 minutes. Now press the pastry circle on to the pears, tucking the edges down the side of the pan, then transfer the pan to a baking tray in the centre of the oven.

- 7 Bake for 25 minutes or until the pastry is a beautiful golden colour and well risen. Do not worry if some of the caramelised juices bubble out. Remove from the oven and leave to sit for 5 minutes. Then take a warm serving plate, press against the pastry and invert the pan, giving it a good shake. The tart should slip out, juices and all. Serve with lots of crème fraîche or fromage frais.

■ 364cals; 16g fat (9g sat fat); 3g protein; 6g fibre; 50g carbs; 40g total sugars; 0.3g salt ►











‘Sharing food felt  
like a simple but  
vital thing to do. I’ve  
become much more  
community-minded’

MELISSA HEMSLEY



## Spiced parsnip and carrot cake

'Bake it in the morning, then do the icing as your friends arrive. Serve with mint tea.'

**SERVES** 10 **V GF** **HANDS-ON TIME** 50 MINS **TOTAL TIME** 1 HR 25 MINS, PLUS COOLING

- ◆ 5 medium eggs, separated
  - ◆ 125g soft salted butter, plus extra to grease
  - ◆ 2 tsp baking powder\*
  - ◆ 1 tbsp ground cinnamon
  - ◆ 1 tsp ground cardamom (from about 30 pods)
  - ◆ 1 tsp ground turmeric
  - ◆ 1 tsp ground ginger
  - ◆ 1 tsp ground allspice, nutmeg or cloves
  - ◆ 75g rolled oats\*, blitzed briefly to make a flour, or buckwheat flour\*
  - ◆ 125g ground almonds
  - ◆ 50g walnuts or pecans, roughly chopped
  - ◆ 80g dried fruit mix (such as sultanas, currants, raisins, chopped dates)
  - ◆ 2 tbsp milk
  - ◆ 200g carrots (2 medium carrots), coarsely grated and squeezed firmly to get rid of excess water
  - ◆ 100g parsnips (1 medium parsnip), coarsely grated and squeezed firmly to get rid of excess water
  - ◆ 2 tsp vanilla extract
  - ◆ 5 tbsp maple syrup
- For the ginger icing**
- ◆ 250g full-fat soft cheese or thick-set yogurt (strain excess liquid overnight), at room temperature
  - ◆ 100g soft unsalted butter
  - ◆ 1 tsp vanilla extract
  - ◆ 2 tsp very finely grated fresh ginger
  - ◆ 2-3 tbsp maple syrup
  - ◆ 1 small orange or lemon, finely zested
- For the walnut topping**
- ◆ 50g walnuts, pecans or any other nuts
  - ◆ 2 tbsp maple syrup
- 1 Preheat the oven to 200°C, fan 180°C, gas mark 6. Grease and line two 20cm round cake tins with a little melted butter and baking paper. Using an electric whisk or stand mixer, whisk the egg whites on high speed for about a minute until light and fluffy.
  - 2 In a separate bowl, whisk together the butter, baking powder, a pinch of salt, the spices, oat or buckwheat flour, ground almonds, chopped nuts, dried fruit, milk, carrots and parsnips for around 30 seconds until mixed together. Now add the egg yolks, vanilla and maple syrup and mix again until you have a thick cake batter consistency. Carefully fold in your egg whites until fully combined and you're left with a loose and light batter.
  - 3 Divide the mixture between the tins and bake for 25-30 minutes until lightly golden on top and a skewer or sharp knife inserted into the centre comes out clean. Leave to cool slightly in their tins for 10 minutes, then loosen and transfer to a wire rack to cool completely.
  - 4 To make the walnut topping, mix the walnuts with the maple syrup and a tiny pinch of sea salt, then spread onto a lined baking tray and bake in the oven for about 5 minutes until toasted and sticky. Don't open the oven to do this while the cake is baking, wait until after the cake is out and cooling.
  - 5 For the icing, clean and dry the whisk beaters, then beat the soft cheese, butter, vanilla, grated ginger, maple syrup, a pinch of salt and a little of the citrus zest on medium speed in a large bowl for about 2 minutes, scraping down as needed, until very smooth and creamy. It should be sweet and zingy, so taste to see if you need any extra maple syrup or zest. Once the cakes are completely cool, smooth half of the icing onto one of the cakes, then sandwich with the second cake on top of the other. Finish by topping with the remaining icing then roughly chop the sticky walnuts and scatter over the top of the cake, along with the rest of the citrus zest. Slice and enjoy.
- \*Use gluten-free baking powder and oats or buckwheat flour, if required for gluten-free.*
- 534cals; 42g fat (18g sat fat); 12g protein; 4g fibre; 26g carbs; 19g total sugars; 0.9g salt ➤

### » GET AHEAD

Uniced sponges can be frozen. The iced cake keeps for 3-4 days, chilled

CREDIT: SARAH MALCOLM

### CHEF AND AUTHOR MELISSA HEMSLEY LIVES IN EAST LONDON WITH BOYFRIEND HENRY

**A**s a kid I absolutely hated carrot cake, but now I love it and I've even added parsnips to this recipe! Too many vegetables are relegated to Christmas or Sunday lunch and when I spoke to farmers for my book *Eat Green*, one of their overwhelming messages was that people should eat more root vegetables and brassicas; in the UK we grow those very easily. This recipe is a great way of doing that and the spices give the cake a lovely warmth. It's so comforting.

One of the positives to come from the last year is how we all went back to basics. Things we may previously have viewed as second-best are the things we then all cherished – eggs, butter and bacon. And on a personal level, the pandemic taught me about the power of food as a connector. Sharing food felt like a simple but vital thing to do. I've definitely become much more community-minded and in turn realised that helping others really supports my own mental health. I hope the spirit of everyone mucking in together continues.

I've really missed going to markets and seeing all the lovely, seasonal produce on display. It may sound weird but I've also missed seeing people's mouths! I'm looking forward to cooking for friends and family and to us all smiling together again. I got an Ottolenghi panettone for Christmas and my mum made me promise not to eat it until we can be together. I'll probably add some lovely, seasonal fruit and turn it into a trifle. I'll serve it with some fresh lemonade and mint – and of course, a slice of parsnip cake.

*Eat Green* by Melissa Hemsley (Ebury Press, £25) is out now



# 'I'll barbecue the meat, serve a long, lazy lunch and we'll all get fully stuck into the rosé'

CHEF AND AUTHOR JOHN GREGORY-SMITH SPECIALISES IN MIDDLE EASTERN AND NORTH AFRICAN FOOD AND IS A REGULAR PRESENTER ON CHANNEL 4'S *SUNDAY BRUNCH*. HE LIVES IN LONDON



Whenever I feel anxious or emotional, I turn to food. When the pandemic hit my work disappeared.

It was horrendous – as it was for so many people – to be suddenly worrying about paying the mortgage. The only thing I could do to keep my head together was cook. I moved in with my sister and her family and basically became their chef. I cooked every day and I was in heaven. Cooking became my crutch.

Like everyone else, I thought the whole thing would blow over in three weeks. I thought: 'This is easy, I'll cook dinners, we'll do some Joe Wicks sessions and it will be over soon!' It wasn't, of course, but that gave me time to rejig things and get creative.

My sister's kids are aged from seven to 14, and they don't want to eat Middle Eastern food every day – they want cheesy pasta and burgers. I started to cook things

like curries and the baked potatoes my mum used to make us, and put them on my YouTube and Instagram accounts. I'd never previously covered dishes like this and it was really lovely.

I have a big family and in the first lockdown about 40 of us met on Zoom every night at 6pm. I can't wait until we can do it in person, and I'll make these kebabs. They're one of my favourite things to eat and there's nothing like serving up a huge plate of them with salads, breads and dips. It's a dish that screams people and fun. I'll barbecue the meat, serve a long lazy lunch and we'll all get fully stuck into the rosé (our family drink come rain or shine). The past year has taught me what's really important in life. It sounds cheesy but it isn't about the coolest new restaurant, it's about friends and family and making sure they're okay because that's what will help you through when hard times hit.

*Fire and Spice* by John Gregory-Smith (£25, Nourish) is out now

## My chicken kebab platter

'I treat this as a massive sharing board; if you don't fancy chicken, lamb also works brilliantly.'

**SERVES 4** **DF** **HANDS-ON TIME** 25 MINS **TOTAL TIME** 35 MINS, PLUS MARINATING

- ◆ 1 x 640g pack skinless, chicken thigh fillets
- ◆ 60g mayonnaise
- ◆ 3 lemons
- ◆ 2 tsp tomato purée
- ◆ 2 tsp dried oregano
- ◆ 1 tsp Turkish pepper flakes\* (Aleppo) or ½ tsp regular chilli flakes
- ◆ 3 garlic cloves
- ◆ 1 red onion, finely sliced
- ◆ a handful of roughly chopped parsley leaves
- ◆ 1 x 400g tin chickpeas
- ◆ 120g tahini
- ◆ ¼ red cabbage, shredded
- ◆ 1 Little Gem lettuce, shredded
- ◆ extra-virgin olive oil to drizzle
- ◆ about ½ tsp sumac
- ◆ warmed flatbreads, to serve

- 1 Trim the chicken and cut into roughly 2.5cm cubes. Chuck it into a non-metallic bowl and add the mayonnaise, the juice of half a lemon, the tomato purée, oregano, Turkish pepper flakes (or chilli) and a good pinch of salt. Crush in 2 cloves of garlic and mix everything together really well. Cover and leave to marinate for 1 hour, or overnight in the fridge. If using wooden skewers, soak them in water for at least 30 minutes before using.
- 2 Preheat the grill to high and thread the chicken pieces onto the skewers. Grill for 4-5 minutes on each side or until golden and cooked through.
- 3 Meanwhile, chuck the onion into a bowl and add the juice of 1 lemon and a good pinch of salt. Mix well and leave to macerate, tossing occasionally, for 10 minutes. Add the parsley and mix well.

- 4 To make a houmous, drain the chickpeas and keep the chickpea liquid from the tin. Put the chickpeas, 100ml of the chickpea liquid, the juice of 1 lemon, the last clove of garlic, the tahini and a good pinch of salt into a food processor and blend until smooth. If it looks a little dry or thick, add a splash more of the chickpea liquid.
- 5 Swirl the houmous onto a huge serving platter and drizzle over a little olive oil. Heap up the kebabs on the platter, squeeze over the juice of the remaining half a lemon and season with a little salt. Pile up the shredded cabbage and Little Gem, make a big old mound of the onions and scatter sumac all over the top. Serve immediately with plenty of flatbreads.

■ 601cals; 41g fat (6g sat fat); 41g protein; 5g fibre; 15g carbs; 5g total sugars; 0.4g salt ■

### » GET AHEAD

Marinate the chicken the day before. The houmous keeps for up to 3 days, chilled.

\*TURKISH (ALEPPO) PEPPER FLAKES, ALSO KNOWN AS PUL BİBER, ARE AVAILABLE FROM ONLINE SOURCES OR ETHNIC GROCERY STORES. FOOD STYLING: KIM MORPHEW. PROP STYLING: TONY HUTCHINSON







# LOAFING around

It's probably one of the most loved bits of bakeware in your cupboard but have you considered what your loaf tin is really capable of?

RECIPES **MATTHEW FORD** PHOTOGRAPHS **ANT DUNCAN**

## Cherry brownie cheesecake loaf

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## Sticky pork meatloaf

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# Cheese and onion babka

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# 100% St. Dalfour. 100% from Fruit.



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# Cheese and onion babka

Soft herby cheese swirled through an enriched bread dough, this savoury babka is delicious toasted with butter.

**MAKES** 8-10 SLICES **V** **HANDS-ON TIME** 40 MINS **TOTAL TIME** 1 HR 35 MINS, PLUS RISING AND COOLING

- ◆ 80g butter
- ◆ 50ml whole milk
- ◆ 3 medium eggs
- ◆ 275g strong white bread flour, plus extra to dust
- ◆ 1 x 7g sachet fast-action dried yeast
- ◆ 1 tbsp caster sugar
- ◆ 1 tsp fine sea salt
- ◆ oil to grease
- ◆ 1 tbsp sesame seeds

## For the filling

- ◆ 2 shallots, diced
- ◆ 1 garlic clove, crushed
- ◆ 1 tbsp olive oil
- ◆ 3-4 tbsp snipped chives
- ◆ 50g Gruyère\* or cheddar, finely grated
- ◆ 200g full-fat soft cheese

- 1 Start with the dough. Melt the butter in a small pan, remove from the heat and add the milk. Beat 2 of the eggs and pour in the just-warm milk and butter mixture. In a large bowl, or stand mixer with a dough hook, mix together the bread flour, yeast, sugar and salt. Pour in the liquid ingredients and bring together into a dough.
- 2 Knead for 10-15 minutes by hand, or 7 minutes if using a stand mixer, until the dough is smooth, slightly sticky and elastic. Put in a lightly greased bowl, cover and leave to rise at room temperature for 1½-2 hours or until the dough has doubled in size.
- 3 For the filling, gently fry the shallots and garlic in the olive oil for 8-10 minutes until softened. Transfer to a large bowl and allow to cool, then stir in the chives and grated and soft cheese. Season well. Grease and line a 900g loaf tin (10cm x 20cm base) with baking paper.
- 4 Roll out the dough on a floured surface to a rectangle roughly 25cm x 35cm. Spread the filling all over the dough. Roll up tightly from the longer side, like a swiss roll. Carefully wrap in baking paper, twisting the ends to secure, then chill for 30 minutes to firm up.
- 5 Unwrap the chilled dough, cut in half lengthways and turn each piece so the filling is facing upwards. Pinch the two pieces together at one end and twist to braid

together, then pinch at the other end to secure. Gently push the two ends towards each other to make the loaf more compact. Carefully ease it into the prepared loaf tin (it will seem too big but it will fit). Cover and leave in a warm place to prove for 1 hour, or until the dough is risen. Preheat the oven to 190°C, fan 170°C, gas 5.

- 6 Beat the remaining egg and brush over the top of the loaf, then sprinkle with the seeds. Bake for 15 minutes initially then reduce the heat to 170°C, fan 150°C, gas 3 and cook for a further 25-30 minutes until golden brown and a skewer inserted into the centre comes out clean. Cool in the tin for 10 minutes before turning out onto a wire rack. Cool completely before slicing.

*\*Use vegetarian cheese if required.*

- 353cals; 21g fat (11g sat fat); 11g protein; 2g fibre; 30g carbs; 4g total sugars; 1.2g salt

## » GET AHEAD

Prep to the end of step 5; chill overnight. Remove from the fridge 1 hr before baking. Leftovers will keep until the following day; reheat in a medium oven to refresh.

# Carrot terrine with beetroot relish

The freshly baked terrine can also be served warm as a main meal for six, with new potatoes and spring veg.

**SERVES** 8 AS A STARTER **V VN DF** **HANDS-ON TIME** 40 MINS **TOTAL TIME** 1 HR 55 MINS, PLUS COOLING AND CHILLING

- ◆ 525g peeled carrots
- ◆ 3 tsp yeast extract (Marmite)
- ◆ 1 medium red onion, finely chopped
- ◆ 1 garlic clove, crushed
- ◆ 1 tbsp olive oil
- ◆ 200g unsalted cashews
- ◆ 2 tbsp tahini
- ◆ 80g fresh breadcrumbs
- ◆ 2 tbsp chopped parsley
- ◆ 1 tbsp caraway seeds (or cumin if you prefer)
- ◆ zest and juice of 1 lemon
- ◆ salad leaves to serve

## For the relish

- ◆ 300g natural cooked beetroot
- ◆ 1 small red onion, finely chopped
- ◆ ½ tsp chilli flakes
- ◆ 75ml balsamic vinegar
- ◆ 75g light brown sugar
- ◆ juice of ½ a lemon

- 1 Grease and line a 900g loaf tin (10cm x 20cm base) with baking paper.
- 2 Cut 450g of the carrots into large chunks and boil for 20 minutes or until very tender. Measure out 50ml of the cooking liquid, stir in the yeast extract and set aside. Drain the carrots and leave to cool.
- 3 Meanwhile, fry the onion and garlic in the oil for 5 minutes over a medium-high heat until soft but not coloured.
- 4 Preheat the oven to 180°C, fan 160°C, gas 4. Pulse the cashews and cooked carrots in a food processor until finely chopped. Transfer to a bowl and stir in the tahini, breadcrumbs, parsley, caraway, lemon zest and juice, plus the Marmite 'stock'. Mix well.
- 5 Slice the reserved carrot into thin discs and arrange in the base of the loaf tin. Spoon the carrot-cashew mixture on top and press down firmly. Cover with foil and bake for 45 minutes, then uncover and bake for 30 minutes more. Allow to cool in the tin before turning out. Chill until needed.
- 6 To make the relish, finely dice 200g of the beetroot and put in a pan with the onion and chilli. Roughly chop the remaining beetroot and blitz in a blender

with the balsamic, sugar, lemon juice and 50ml water, until smooth. Add the mixture to the beetroot in the pan, then bring to the boil, reduce the heat and simmer uncovered for 20 minutes or until sticky and syrupy. Set aside to cool.

- 7 Serve slices of the terrine with a spoonful of the beetroot relish and a few salad leaves.

- 331cals; 16g fat (3g sat fat); 9g protein; 6g fibre; 34g carbs; 23g total sugars; 0.5g salt ➤

## » GET AHEAD

Bake the terrine and chill up to 24 hrs ahead. Leftovers and the relish keep for up to 3 days in the fridge.





# Sticky pork meatloaf

Bursting with Asian flavours, this sweet-and-sour twist is a great way to update a classic meatloaf.

**SERVES 6** **DF** **HANDS-ON TIME** 20 MINS **TOTAL TIME** 1 HR 40 MINS



- ◆ 1 tbsp rapeseed oil
- ◆ 4 spring onions, finely sliced
- ◆ 1 garlic clove, crushed
- ◆ ½ red chilli, finely chopped
- ◆ 20g root ginger, grated
- ◆ 1 x 500g pack 10% fat pork mince
- ◆ 75g fresh breadcrumbs
- ◆ 1 x 225g tin sliced water chestnuts, drained and chopped
- ◆ 60g coarsely grated carrot
- ◆ 4 tbsp chopped coriander
- ◆ 4 tbsp oyster sauce
- ◆ 2 tbsp sesame oil
- ◆ 2 tbsp Thai fish sauce
- ◆ 2 tbsp light soy sauce
- ◆ 3 tsp Chinese 5 spice
- ◆ 2 tbsp light brown sugar
- ◆ 1 tbsp sesame seeds

- 1 Preheat the oven to 200°C, fan 180°C, gas 6. Line a 900g loaf tin (10cm x 20cm base) with baking paper, ensuring it overlaps the edges of the tin, to help you lift the meatloaf out later.
- 2 Heat the oil in a frying pan over a medium-high heat and fry the spring onions, garlic, chilli and ginger for 5 minutes until soft but not coloured. Tip into a large bowl and let cool.
- 3 Add the pork mince, breadcrumbs, water chestnuts, carrot, coriander, half the oyster sauce, 1 tablespoon each of sesame oil, fish sauce and soy sauce, plus 2 teaspoons of Chinese 5 spice to the bowl. Mix until well combined – you may find this easier to do with your hands. Press into the prepared loaf tin and cover with foil.
- 4 Bake the meatloaf for 45 minutes initially. Mix together the remaining oyster sauce, sesame oil, fish sauce, soy sauce, Chinese 5 spice and the brown sugar. Spoon over the top of the meatloaf and scatter with the sesame seeds. Return to the oven and cook uncovered for 30 minutes. Allow to rest for 5 minutes before removing the meatloaf from the tin (use the lining paper to lift it out). Serve thickly sliced, with quick pickle slaw, if you like.

■ 319cals; 11g fat (4g sat fat); 19g protein; 1g fibre; 25g carbs; 13g total sugars; 1.8g salt

## Quick pickle slaw

To add a contrasting freshness to the meatloaf, combine thinly sliced **radishes** with matchsticks of **spring onion**, **carrot** and **cucumber**. In a small bowl, whisk together a tablespoon each of **rice vinegar**, **caster sugar**, **Thai fish sauce** and **lime** juice. Add a little finely chopped **red chilli** and toss the dressing through the vegetables. Leave to pickle for at least 15 minutes (and up to 3 hours). Stir in a handful of chopped **coriander** just before serving.

» **GET AHEAD**  
Prep to the end of step 3 and chill up to 24 hrs ahead. Remove from the fridge about 30 mins before baking.

# Cherry brownie cheesecake loaf



Our favourite desserts in one easy-to-slice cake.

**MAKES 8 SLICES** **V** **HANDS-ON TIME** 45 MINS **TOTAL TIME** 1 HR 20 MINS, PLUS COOLING AND CHILLING

### For the base

- ◆ 40g butter
- ◆ 100g digestive biscuits, crushed

### For the brownie layer

- ◆ 50ml milk
- ◆ 25g butter
- ◆ 40g dark chocolate (about 50% cocoa solids), chopped
- ◆ 1 large egg, beaten
- ◆ 120g caster sugar
- ◆ ½ tsp vanilla extract
- ◆ 60g plain flour
- ◆ 30g cocoa
- ◆ ½ tsp baking powder

- ◆ 40g dried sour cherries

### For the cheesecake layer

- ◆ 150g full-fat soft cheese, at room temperature
- ◆ 100g double cream, plus extra to serve
- ◆ 80g caster sugar
- ◆ ½ tsp vanilla extract
- ◆ 1 large egg, beaten
- ◆ 1 tbsp plain flour

### For the cherry topping

- ◆ 150g frozen cherries
- ◆ 1 tsp cornflour
- ◆ 2 tbsp caster sugar

- 1 Grease and line a 900g loaf tin (10cm x 20cm base) with baking paper so that it overlaps the edges of the tin. To make the base, melt the butter and combine with the crushed biscuits. Press into the base of the prepared loaf tin and chill while you make the brownie layer. Preheat the oven to 180°C, fan 160°C, gas 4.
  - 2 Gently heat the milk and butter in a pan until the butter has melted. Remove from the heat, add the chocolate and stir until melted. Beat the egg, sugar and vanilla in a mixing bowl until thick and pale, then beat in the chocolate mixture. Sift in the flour, cocoa and baking powder; fold in, adding the dried cherries. Pour on top of the chilled biscuit base and bake for just 10 minutes.
  - 3 Meanwhile, make the cheesecake layer. Beat the soft cheese, double cream, sugar and vanilla until smooth, then mix in the egg and flour. Pour over the brownie layer and bake for 35-40 minutes or until set but still with a slight wobble in the middle. Remove from the oven and leave to cool in the tin for at least 45 minutes – the centre should sink as it cools.
  - 4 For the cherry topping, put all the ingredients in a pan with 2 tablespoons of water. Bring to the boil, stirring, and cook for 1-2 minutes until the sauce thickens. Spoon over the cheesecake layer and leave to cool. Cover and chill for at least 2 hours.
  - 5 Use the lining paper to carefully lift the cheesecake loaf from the tin. Slice to serve.
- 470cals; 24g fat (14g sat fat); 7g protein; 2g fibre; 55g carbs; 40g total sugars; 0.6g salt ■

» **GET AHEAD**  
Leftovers keep for up to 3 days in the fridge.



# EASTER treat

Create a stunning Easter centrepiece, speckled like a pretty bird's egg and rich with aromatic vanilla flavours

**E**aster is the perfect time to indulge your family – so try this gorgeous cake, decorated with a subtle blue buttercream flecked with chocolate speckles and topped with shards from your favourite Easter eggs. The sponges are light, fluffy and rich with fruity vanilla notes, thanks to the high-quality Nielsen-Massey Vanilla Extract – a taste echoed by the Nielsen-Massey Vanilla Bean Paste in the delicious buttercream topping. Happy Easter!



## *Speckled vanilla cake*

**SERVES** 16 **HANDS-ON TIME** 30 MINS

**TOTAL TIME** 1 HR, PLUS CHILLING

### *For the sponges*

400g **unsalted butter**, softened

400g **Billington's Golden Caster Sugar**

6 **large free-range eggs**

2 tsp **Nielsen-Massey Vanilla Extract**

400g **self-raising flour**

3 **tbsp whole milk**

### *For the buttercream*

300g **unsalted butter**, softened

600g **icing sugar**

1½ **tbsp Nielsen-Massey Vanilla Bean Paste**

**blue food colouring gel**

### *For the decoration*

10g **milk or dark chocolate**

**dark chocolate and milk chocolate Easter eggs**, broken into pieces

- 1 Preheat the oven to 180°C, fan 160°C, gas 4. Put some water in a cake tin or roasting tin and set in the bottom of the oven. Prepare 3 x 18cm sandwich tins by lining with baking paper.
- 2 Cream together the butter and sugar with a wooden spoon or electric hand whisk, until pale and fluffy.
- 3 Add the eggs in three stages, beating well after each addition. Add the vanilla. Sift the flour into the mixture and fold in lightly with a metal spoon. Mix in the milk.
- 4 Divide the mixture equally between the prepared tins and bake for 25-30 minutes, or until a skewer comes out clean. Cool on a wire rack.
- 5 To make the buttercream, beat together the butter, icing sugar and vanilla bean paste until soft and fluffy. Add a small dash of the food colouring gel and mix until you reach the desired colour. (You can add a drop of milk to loosen the buttercream if needed.)
- 6 Layer the sponges together with buttercream, then coat the whole cake in buttercream. Pop in the fridge to chill before adding an additional layer of buttercream. To get a smooth finish, run a palette knife under boiling water before smoothing round the cake. Melt the 10g chocolate in a small heatproof bowl over a pan of barely simmering water. Use a paintbrush to flick specks of the chocolate onto the buttercream to get a speckled effect. Finish by topping the cake with the pieces of broken Easter egg.

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## Spanakopita parcels

» PAGE 88

# *All white now*

Known as 'white gold' in Greece, feta cheese almost sold out earlier this year after an internet recipe storm. Here's the story of this deliciously salty ingredient

WORDS **SHELLEY RUBENSTEIN** RECIPES **TAMSIN BURNETT-HALL** FOOD PHOTOGRAPHS **MAJA SMEND**



Feta is having a moment in 2021. The reason? A simple recipe that has gone viral online: add cherry tomatoes, garlic and olive oil to a baking tin, then place a block of the crumbly cheese on top. Bake, then mix in fresh basil and cooked pasta. It's become the must-try dish on social media and even caused feta shortages globally.

The internet sensation around this recipe may have boosted the popularity of the tangy white cheese, but in Greece, where feta originates, its staple dish will always be *horiatiki* (or a Greek salad). Order one in its homeland and the star ingredient arrives atop tomatoes, cucumbers and olives in one dramatic slice, sprinkled with oregano and a glug of olive oil. It conjures the image of the snowy peaks of Mount Olympus, which overlooks many of the areas where the food often referred to as Greece's 'white gold' is made.

The indigenous Greek cheese was awarded 'protected designation of origin' (PDO) status in 2002, after a long legal dispute with countries like Denmark, Germany and France. It means that in Europe the name feta can only be used for cheese created by traditional methods within seven specific areas. These seven regions – made up of mainland Greece, Macedonia, the Peloponnese, Epirus, Thessaly, Thrace and the island of Lesbos – all sustain a climate and terrain that lends itself to producing that unmistakable feta texture and distinctive flavour.

To fully appreciate how ingrained feta is into Greek culture, we need to travel back thousands of years. Like many fine foods, the existence of cheese came about as a circumstantial by-product of nature doing what nature does. In days of old, milk was transported using vessels fashioned from the stomach or skin of animals. Owing to the sweltering heat during the summer months, the milk would curdle, changing its form and consistency into a crude version of cheese.

## ANCIENT HISTORY

The earliest documentation of a prototype feta cheese dates back to the eighth century BC. In his poetic masterpiece *The Odyssey*, Homer talks of the cyclops Polyphemus. Clearly an early practitioner of artisan cheese production, 'All his well-made vessels, the pails and bowls he used for milking, were swimming with whey.' Notably, a further indication that the cheese he produced was related to feta is alluded to by the shape of the storage items it was moulded in.

Returning to modern day, what distinguishes Greek feta from the versions made by other countries is the source of its core ingredient, the milk. The Greeks favour sheep's milk, either on its own or combined with up to 30% goat's milk, whereas other producers, such as Denmark and Germany, use cow's milk. The main reason for this choice was due to sheep and goats being better equipped for mountain life, and Greece has a challenging terrain for cattle rearing. It's the sheep and goat's milk that gives feta its white colouring and peppery undertones.

Observing the feta-making process first-hand at the mid-size Fromagerie Arvaniti factory in Thessaloniki, Greece's second-largest city, is fascinating. The animals' needs are paramount and they happily graze away, relishing the region's wide varieties of flora to munch on. We learn how crucial the livestock's welfare is from Michalis Arvanitis, one of two brothers who runs the factory. 'Our production shuts down entirely from September to November when the sheep and goats are having babies and need to reserve their milk for the newborns' nutrition,' he explains. For the rest of the year, the season determines how much milk is taken to the factory; usually once a day from winter to spring, increasing to twice a day when spring turns to summer and temperatures rise.

The milk used to make the feta is usually pasteurised, although it can be mixed with unpasteurised. Antibiotics, additives and preservatives are never used and it must have a minimum fat content of 6%. Once the milk arrives in the factory, the first stage of production is coagulation. It's then transferred into moulds with holes for straining. The next stage is what gives feta its name, which translated literally means 'slice'.

## DECADENT TREATS

Once removed from the moulds, the cheese is sliced and covered in salt, then either placed in sealed metal tins or wooden barrels to mature for up to 15 days. After it's ripened, it's left to fully mature for two months at 2-4°C. It's then at its flavour peak and ready for consumption.

Feta factories in Greece are usually a family business, with many of them now being run by the third generation of cheesemakers. The walls of Arvaniti are adorned with certificates declaring them 'best cheesemaker in Greece'. Although their products are steeped in tradition, it's important for them not only to be at the forefront of technology but also to be environmentally friendly. Michalis reveals that the factory, which was launched in 1980, makes electricity from the leftover whey. They also recycle all their paper, metal and plastic, while the surplus cream is used to make *manouri*, a semi-soft white cheese.

Once we've witnessed some cheesemaking, we head to Thessaloniki's town centre to sample some of the local produce. At Mia Feta, the 'world's first feta bar', they have access to an incredible array of cheeses courtesy of their own Kourellas dairy. They delight in experimentation and create dishes featuring smoked feta and a Greek salad livened up with pearls of creamed feta that explode in the mouth, maximising the full impact of the cheese's rich flavour. We also learn that for a decadent treat, the Greeks are big fans of deep-fried feta. Drizzled with honey, the sweetness counteracts the sharpness of the cheese. And, of course, no visit to Greece is complete without indulging in *spanakopita* – feta, spinach and onion encased in filo pastry. It's the perfect lunch, snack or grazing starter.

Whether diced, sliced, crumbled or baked whole, feta has always been a favourite with British foodies – the country is in the top three of the biggest importers in the world. Perhaps part of feta's popularity in the UK is down to our love of Greece as a holiday destination, and what better way to recapture the holiday spirit than by recreating some of the dishes that we enjoyed while relaxing at a village taverna. Bouzouki music optional...





# Prawn saganaki

» PAGE 88



## Spanakopita parcels

A Greek classic, this recipe uses the Cypriot method of salting the spinach to wilt it instead of cooking, which helps avoid the risk of soggy pastry.

**MAKES 12** **V** **HANDS-ON TIME** 30 MINS **TOTAL TIME** 55 MINS, PLUS SALTING

- ◆ 2 x 260g bags young spinach
- ◆ 1 bunch spring onions, thinly sliced
- ◆ 2 tsp fine sea salt
- ◆ 2 large eggs, beaten
- ◆ 1 x 20g pack dill, finely chopped
- ◆ 1 x 30g pack flat-leaf parsley, leaves picked and chopped
- ◆ 2 garlic cloves, crushed
- ◆ zest of ½ lemon
- ◆ 200g feta\*, crumbled
- ◆ 6 large sheets of filo pastry, defrosted (we used Jus-Rol)
- ◆ 4 tbsp olive oil
- ◆ 1 tbsp sesame seeds, to sprinkle

- 1 Put the spinach and spring onions into a very large mixing bowl (or a big pan). Sprinkle with the salt then go in with your hands and start scrunching everything together well. Once it is well-mixed, leave it for 5 minutes, then scrunch again (it will have already wilted down quite a bit) and then put it in a colander and leave it to drain for at least 30 minutes.
- 2 Combine the eggs, dill, parsley, garlic, lemon zest and feta in a bowl. Press the spinach down well again to extract any remaining liquid, then add to the feta mixture with some freshly ground black pepper (no salt though) and mix well.
- 3 Preheat the oven to 200°C, fan 180°C, gas 6. Unroll the filo, stack up the sheets and cut in half lengthways. Cover with a clean damp towel so that the pastry won't dry out. Working with one strip of filo at a time, brush all over with olive oil then fold in half lengthways. Spoon roughly a twelfth of the filling on the corner nearest you at one end of the strip. Fold the corner over the mixture to make a triangle, then continue folding (like a flag). The filo should completely enclose the filling by the time that you reach the far end.
- 4 Place on a greased baking tray then repeat until all the filo and filling are used up. Brush a little more oil over each parcel and scatter with the sesame seeds. Bake for 20-25 minutes until golden and crisp. Cool slightly before serving.

*\*Use vegetarian cheese if required.*

■ 159cals; 10g fat (3g sat fat); 7g protein; 1g fibre; 11g carbs; 1g total sugars; 0.8g salt



» **GET AHEAD**  
Freeze the uncooked parcels. Bake for 30-35 minutes from frozen.

## Prawn saganaki

This dish is named after the small copper pans that it is traditionally made and served in.

**SERVES 6** AS A STARTER, 2-3 AS A MAIN **GF** **HANDS-ON TIME** 20 MINS **TOTAL TIME** 30 MINS

- ◆ 4 tbsp olive oil
- ◆ 2 garlic cloves, sliced
- ◆ 1 red chilli, deseeded and diced
- ◆ 2 x 225g bags peeled raw jumbo king prawns, defrosted and drained
- ◆ 1 red onion, finely chopped
- ◆ 3 tbsp ouzo (or 100ml dry white wine)
- ◆ 1 x 400g tin plum tomatoes
- ◆ ½ x 30g pack flat-leaf parsley, leaves chopped
- ◆ zest of ½ lemon
- ◆ 200g feta, crumbled
- ◆ rustic bread\* to serve

- 1 Heat half the oil in a large frying pan with the garlic and chilli over a medium heat until fragrant but not coloured. Add the prawns and fry over a high heat for just 2 minutes until they are mostly pink (they will finish cooking when grilled). Lift out to a plate, using a slotted spoon.
- 2 Add the rest of the oil and the onion to the pan, with a pinch of salt. Cook on a medium heat for 5 minutes until softened and translucent. Add the ouzo or wine and bubble briskly for a minute to reduce, then tip in the tomatoes, add most of the parsley, the lemon zest and some seasoning. Bring to the boil, roughly cutting up the tomatoes with scissors. Simmer for 10 minutes on a medium heat until quite thick.
- 3 Preheat the grill to high. Stir the prawns (and any juices) into the sauce then divide between 6 small ovenproof dishes. Crumble the feta on top and grill for 2-3 minutes until the feta starts to melt and ooze into the sauce. Scatter with the remaining parsley and serve with bread for dipping and mopping up the sauce.

*\*Serve with gluten-free bread if required.*

■ 225cals; 14g fat (6g sat fat); 15g protein; 1g fibre; 5g carbs; 5g total sugars; 1.9g salt ■



» **GET AHEAD**  
Prepare to the end of step 2, keeping the sauce and prawns chilled, separately.



# Tastes of ASIA

Treat yourself to an Eastern feast  
bursting with fresh authentic flavours

Next time you fancy an effort-free meal, try one of the new Taste the Difference range of delicious Oriental mains. These top-quality meals have been carefully prepared by chefs, blending and layering spices to suit all palates – and are graded with chilli

levels from 1-4 so you can choose the heat you prefer. Using specially selected ingredients, they all come with fresh vegetable and herb garnishes to add the finishing touches – all you have to do is pop them in your microwave or oven and enjoy.

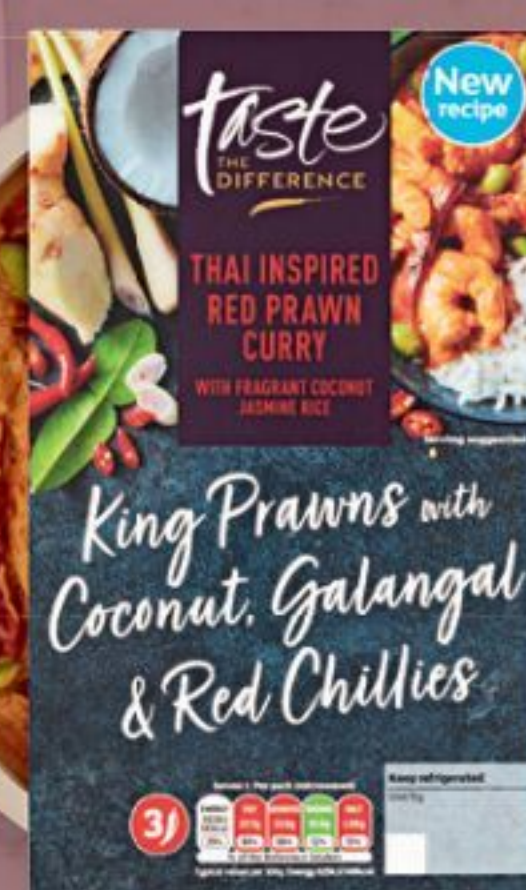
## TASTE THE DIFFERENCE THAI INSPIRED GREEN CHICKEN CURRY

Soft British chicken pieces are cooked in a Thai green curry sauce with crunchy green beans and sweet chunks of butternut squash – all dished up on a bed of steamed jasmine rice.



## TASTE THE DIFFERENCE THAI INSPIRED RED PRAWN CURRY

Juicy king prawns are simmered in a classic spiced Thai red curry sauce, along with red pepper pieces and mixed veg, and served on fragrant coconut jasmine rice.



## TASTE THE DIFFERENCE KOREAN INSPIRED BEEF BOWL

Top-quality strips of British beef are stir-fried with Korean barbecue sauce and served with noodles, crunchy mixed vegetables and topped with pickled ginger and mooli (Asian radish) for an authentic finishing touch.



## TASTE THE DIFFERENCE SWEET & SOUR CHICKEN

Enjoy this classic Chinese favourite with its tender pieces of British chicken, juicy chunks of pineapple – with passion fruit added to create a sweet, tangy sauce – and teamed with egg fried rice and mixed vegetables.







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## Batch cook

# PORK AND FENNEL RAGU

This slow-cooked stew is delicious with pan-fried gnocchi, layered up in a lasagne or ladled over pappardelle with lots of Parmesan

RECIPE **ABIGAIL SPOONER** PHOTOGRAPH **TOBY SCOTT**

**MAKES** 6-8 SERVINGS **GF DF** **HANDS-ON TIME** 30 MINS **TOTAL TIME** 4 HRS 10 MINS

- ◆ 1 x boneless pork shoulder joint, about 1.25kg
  - ◆ 2 tbsp olive oil
  - ◆ 1 large onion, diced
  - ◆ 2 celery sticks, diced
  - ◆ 2 carrots, diced
  - ◆ 1 fennel bulb, diced
  - ◆ 3 garlic cloves, crushed
  - ◆ 1½ tbsp fennel seeds
  - ◆ 3 bay leaves
  - ◆ 4 thyme sprigs
  - ◆ 350ml white wine
  - ◆ 400ml chicken stock\* (use ½ stock pot or cube)
  - ◆ 1 x 400g tin chopped tomatoes
  - ◆ ½ x 30g pack basil, torn
- 1 Season the pork well. Heat the oil in a large flameproof casserole and brown the pork for 15 minutes, turning to colour all over. Remove to a plate.
  - 2 Add the onion, celery, carrots and fennel to the casserole and cook for 8-10 minutes over a medium heat until beginning to brown. Add the garlic and fennel seeds and fry for 2 minutes until fragrant. Preheat the oven to 160°C, fan 140°C, gas 3.
  - 3 Add the bay, thyme, wine, stock and tomatoes to the casserole. Bring to the boil then return the pork, cover with a lid and place in the oven for 3-3½ hours, turning the pork every hour or so, until almost falling apart.
  - 4 Remove the pork to a chopping board and pull the tender meat apart with two forks. Discard the bay leaves and thyme sprigs, then return the shredded pork to the pot with the basil. Simmer for 5 minutes and season to taste. If making ahead, see How to Store.
- \*Use gluten-free stock if required.*
- 370cals; 15g fat (4g sat fat); 40g protein; 3g fibre; 9g carbs; 8g total sugars; 0.6g salt

### HOW TO STORE

Portion up when cool and freeze, or store in the fridge for up to 3 days. Reheat with just a splash of water or stock.







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## PEACH AND THYME TRAYBAKE

Bring guaranteed sunshine to the weekend with this super simple traybake

RECIPE **MITZIE WILSON** PHOTOGRAPH **NASSIMA ROTHACKER**

**SERVES** 12-16 **V** **HANDS-ON TIME** 25 MINS **TOTAL TIME** 1 HR 10 MINS, PLUS COOLING

- ◆ 225g soft salted butter
- ◆ 2 tsp thyme leaves, plus extra to scatter
- ◆ 225g caster sugar
- ◆ 100g ground almonds
- ◆ 250g self-raising flour
- ◆ 1½ tsp baking powder
- ◆ zest and juice of 1 lemon
- ◆ 4 large eggs
- ◆ 3 tbsp milk
- ◆ 1 x 400g tin peach slices in natural juice
- ◆ 1 tbsp honey

- 1 Preheat the oven to 180°C, fan 160°C, gas 4. Grease and line a 20cm x 30cm traybake tin.
  - 2 Beat the butter in a mixing bowl until very soft, then add the remaining ingredients, except for the peaches and honey. Beat for 3-4 minutes until smooth then spread into the cake tin.
  - 3 Drain the peaches well. Cut any thicker slices in half so that the peaches are a consistent size, then pat dry on kitchen paper. Arrange on top of the cake mix (there's no need to press them in) and bake for 40 minutes or until golden brown and just firm to the touch.
  - 4 To glaze, warm the honey in a small pan or in the microwave for 10 seconds, then brush over the warm cake and scatter with extra thyme. Leave to cool in the tin; serve cut into squares.
- 399cals; 23g fat (11g sat fat); 8g protein; 1g fibre; 41g carbs; 25g total sugars; 0.8g salt

### MAKE IT GLUTEN FREE

Use gluten-free flour and baking powder. Add 2 tbsp extra milk to the batter.

### » GET AHEAD

This keeps well for up to 4 days in a cake tin.



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PORTRAIT: MAJA SMEND. HAIR AND MAKE-UP: JO CLAYTON

Helena

HELENA LANG  
HEAD OF CONTENT



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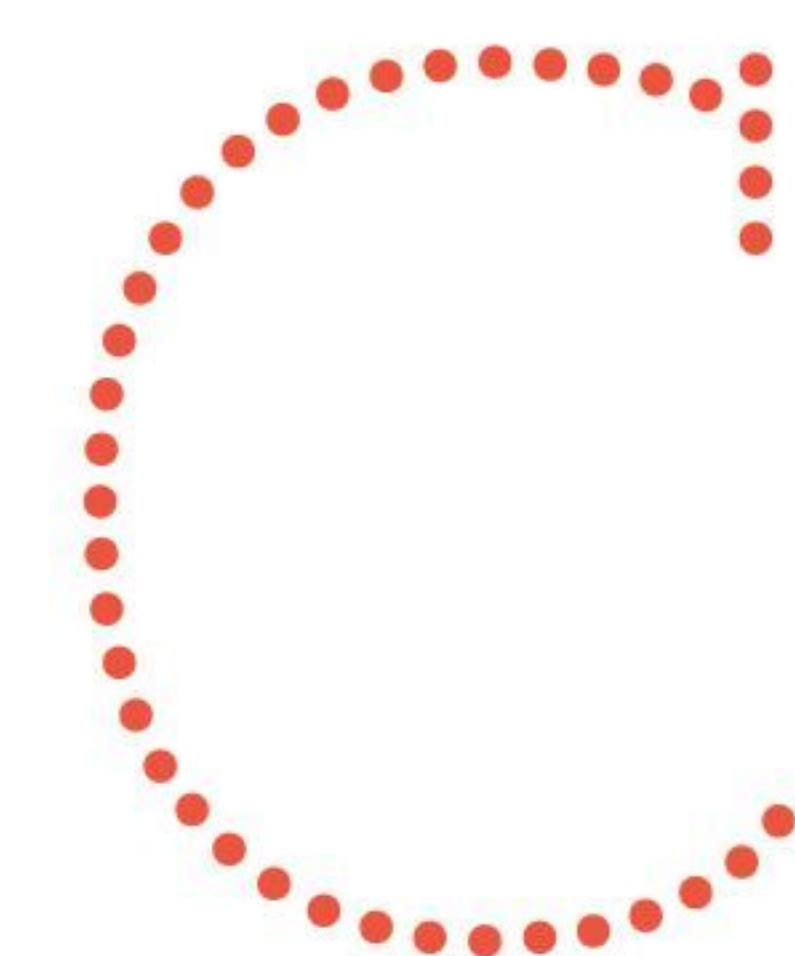


# SLOW AND STEADY

When it comes to carbs, low and no are out, and slow is in. Find out how to get more out of nature's most important source of fuel

RECIPES **JENNIFER JOYCE**  
PHOTOGRAPHS **ANT DUNCAN**  
WORDS **HANNAH EBELTHITE**





onfused about carbohydrates? It's not surprising. Here's one food group that's rarely out of the diet headlines – but for reasons that are never quite clear. Do carbs cause weight

gain and trigger our appetites? Or is a high-carb, high-fibre diet better for our health? The truth, says leading dietitian Helen Bond, is that despite the popularity of low-carb eating plans such as Dukan, keto and Atkins, carbohydrates are an essential part of a healthy, balanced diet. 'They're one of the three macronutrients – alongside fat and protein – that our bodies need lots of for energy, and should provide us with about 50% of our daily energy needs,' she explains. 'But that doesn't mean you need to eat half a loaf of bread! Carbohydrates aren't just in grains, they're found in vegetables, fruit, legumes, nuts, seeds – in fact, all plant foods.'

Carbohydrates are eventually broken down by your body into sugars (glucose) and burned or stored as a source of energy. But different types of carbs do this at different rates. Simple carbohydrates (aka 'fast' carbs) are made up of short chains of molecules that are digested quickly. These are the type you'll find in foods such as sweets, cake, jam and fruit juice – they're also known as free sugars. They contain little or no fibre and, as their name implies, can cause a rapid rise in blood sugar.

The second category, complex carbohydrates (or 'slow' carbs), contain longer chains of molecules and are digested more slowly. Found in brown rice, pulses, wholewheat pasta, potatoes, wholegrain bread and some fruit and veg, slow carbs contain nutrients such as vitamins, minerals and fibre. Eating slow carbs also helps balance blood sugar and prevent low blood sugar, which can make you feel hungry.

## FAST VS SLOW

Experts use the glycaemic index (GI) to rank carbohydrates, a scoring system from zero to 100 that's based on how fast different foods raise blood-glucose levels. It was originally developed for diabetics, but its usefulness has grown with our understanding of the impact blood-sugar levels have on hunger. Slow carbs rank lower on the GI index; fast carbs, which cause a rapid rise-and-fall in blood sugar, have a higher GI. 'It's particularly important for people with diabetes who need to control their blood-glucose levels,' says Helen. 'But choosing low GI can also help the general population when it comes to maintaining a healthy weight.'

How so? 'The complex structure of low-GI foods means digestion is slower, resulting in a more controlled release of energy,' says Helen. 'Plus your body burns more calories during digestion (called thermogenesis), which can be handy if you're looking to maintain your weight.' A number of studies show that a low-GI meal can be more satisfying than a high-GI meal and can help control overeating. And

it's not just weight management that's aided by slow carbs. The speedy absorption of high-GI foods, and the resulting insulin spikes (followed by the inevitable dip), can lead to insulin resistance and type 2 diabetes, and a slew of other health problems.

## TAKING ACTION

There are lots of things you can do to keep your blood-sugar levels balanced. Daily exercise helps, and so do regular snacks and meals, but your food choices are key. That's where low-GI foods come in. Foods with a GI lower than 55 cause a slight rise in blood sugar; those in the 55 to 70 range raise it a little higher; and foods with a GI of 70-plus send it soaring.

As a general rule, fast carbs such as sweets or sugary drinks have a high GI, while slow carbs like beans, oats and lentils have a low GI. But there are exceptions... 'Chocolate and ice cream actually have quite a low-GI rating, but being high in fat, sugar and calories, are obviously not always a healthy choice,' says Helen. 'Potatoes are fairly high GI but, in their natural form, contain plenty of fibre, vitamins and minerals, contributing to a healthy diet. Just ask yourself: "Is this a wholefood carbohydrate, in its natural state, or has it been heavily processed?" Processing plant foods – whether that's turning grains into white, sugary baked goods or turning whole fruit into juices or smoothies – usually means removing the all-important fibre.'

## THE F WORD

Fibre is a type of carbohydrate – and one of the most crucial nutrients. Worryingly, it is also one which most of us are lacking. Adults need 30g in their diets daily but, according to the National Diet and Nutrition survey, most of us are falling short at 19.7g. 'So we really need to get that up – and we need complex carbs to do it,' says Helen.

Fibre is at the heart of the slow-carb revolution and not just because it 'keeps you regular' (although that's a definite benefit). 'Fibre-rich foods score highly on the satiety index, a scale that measures how satisfied food makes us feel,' says Dr Khosro Ezaz-Nikpay, author of the forthcoming *Fibre for Life: Eat Your Way to Better Health with Nature's Miracle Ingredient* (Pavilion). 'You feel fuller for longer and tend to eat less overall, so it's a great weight-management tool.'

Eating more fibre has been linked with a reduced risk of type 2 diabetes and colorectal cancer, improved heart health and blood circulation, reduced inflammation, and a strengthening of hormonal and immune systems. And all these benefits could be down to one key role fibre plays in the body: it enhances the health of our gut microbiome – the trillions of bacteria that line our gut. 'The greater the variety of complex carbs we take on board, the more types of fibre we'll feed them,' says Dr Ezaz-Nikpay. 'And they'll repay us by increasing their own number, diversity – and our overall health.' ➤

## THE SLOW CARB PLAN

- If you are increasing your intake of wholegrains, take it slowly, says Helen Bond. 'If you do it too quickly you can overload your digestive tract and that can provoke feelings of bloating and distension.'
- Opt for wholegrain breads instead of white, brown basmati in place of plain rice, wholewheat pasta instead of standard. You could even try some of the ancient grains such as bulgur wheat, wholegrain couscous, millet and quinoa.
- Thirty grams of fibre looks like five portions of veg, two of fruit, three portions of wholegrains and one to two of nuts, seeds or legumes. 'It might sound a lot, but you'll get that naturally if you focus on making unprocessed choices,' says Helen.
- 'Think of easy ways to sneak more fibre in,' says Dr Khosro Ezaz-Nikpay. 'Things like sprinkling seeds on your cereal, adding extra veg to your supper or throwing pulses in a salad will make a huge difference.'
- Healthy hacks such as leaving the skin on potatoes when you mash them or swapping crisps for popcorn (a wholegrain) will increase your fibre consumption and help keep energy levels stable.





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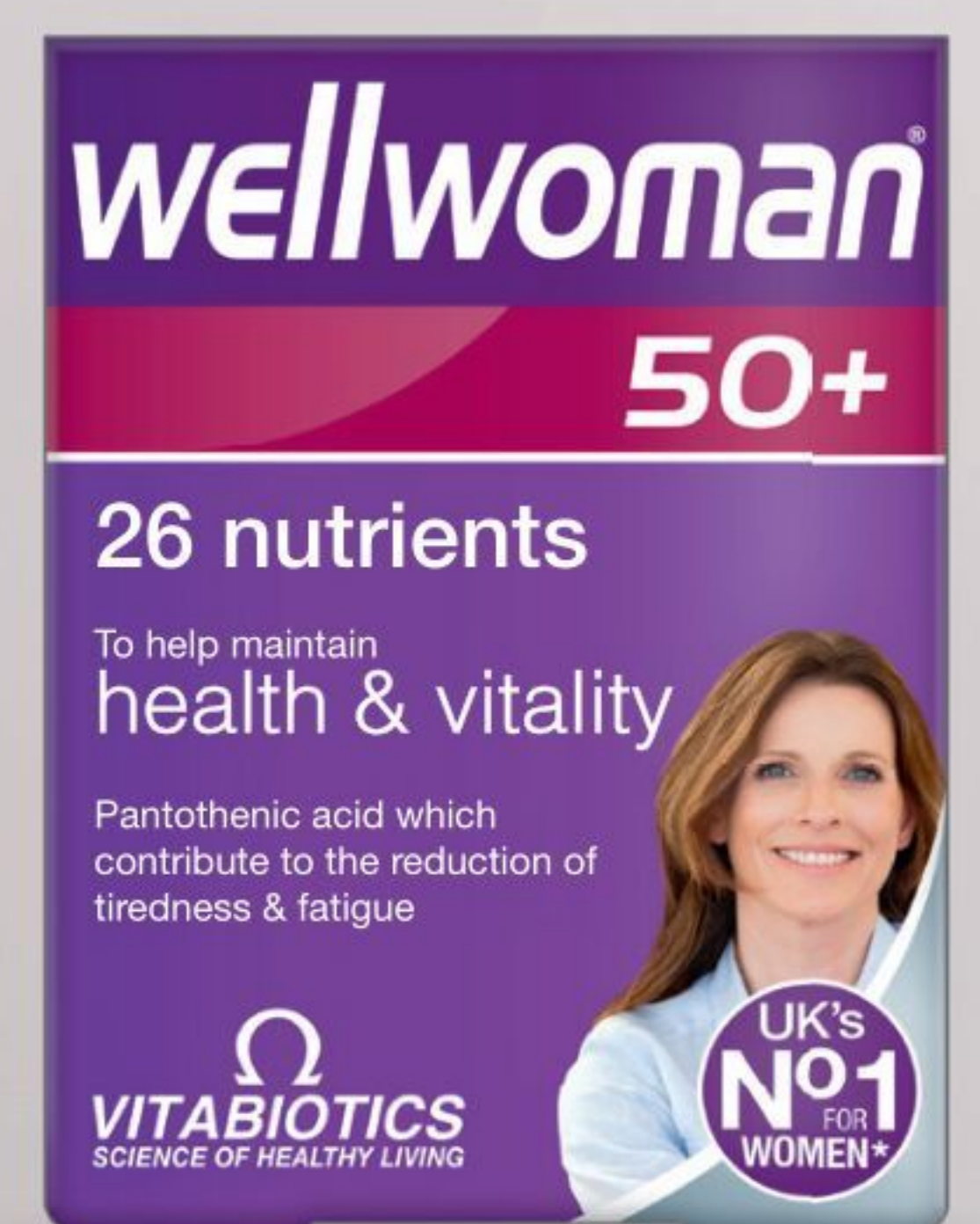
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begin until I’ve taken  
my Wellwoman.”*

***Tess Daly***



Original



50+

\* UK's No1 women's supplement brand. Source: Nielsen GB ScanTrack  
Total Coverage Value and Unit Retail Sales 52 w/e 31 October 2020.  
To verify contact Vitabiotics Ltd, 1 Apsley Way, London NW2 7HF.







## Roast sweet potato bowl with crispy tofu and spicy lime dressing

SERVES 2 **V** **VN** **GF** **DF** HANDS-ON TIME 30 MINS TOTAL TIME 45 MINS

- ◆ 2 medium sweet potatoes, about 250g each
- ◆ 280g extra-firm tofu (we used The Tofoo Co)
- ◆ ½ tsp fine sea salt
- ◆ ½ tsp garlic granules
- ◆ ½ tsp mild chilli powder
- ◆ 30g cornflour
- ◆ 4 tbsp vegetable oil, to fry
- ◆ 200g Tenderstem broccoli
- ◆ 6 radishes, trimmed and quartered
- ◆ 2 spring onions, sliced

### For the spicy lime dressing

- ◆ 1½-2 tbsp sriracha chilli sauce
- ◆ 2 tbsp lime juice
- ◆ 1 tbsp soy sauce\*
- ◆ ½ tbsp honey\* or maple syrup

- 1 Preheat the oven to 200°C, fan 180°C, gas 6. Scrub the sweet potatoes and prick all over with a fork. Put on a baking tray and roast for 35-40 minutes until soft.
- 2 Drain the tofu and wrap in several layers of kitchen paper to remove excess moisture; press between two plates. Once the paper is soaked through, re-wrap the tofu in more kitchen paper, pressing until dry.
- 3 Slice the tofu into 10-12 finger-size pieces. Combine the salt, garlic granules and chilli powder and sprinkle all over the tofu, then toss in the cornflour to coat.
- 4 Heat the vegetable oil in a large frying pan. Fry the tofu on one side

for 3-4 minutes until golden. Use two spoons to turn the tofu; cook until browned on all four sides. Drain on a rack set over a tray.

- 5 Blanch the broccoli in boiling water for 3 minutes until just tender, then drain. Mix the dressing ingredients in a small bowl and set aside.
  - 6 Cut the potatoes into thick slices and divide between two large bowls. Top with the tofu, radishes, and broccoli. Pour the dressing over and scatter with spring onions to serve.
- \*Use maple syrup (not honey) if vegan, and tamari (not soy) if GF.
- 745cals; 33g fat (3g sat fat); 26g protein; 14g fibre; 81g carbs; 26g total sugars; 3.2g salt ►

### » GET AHEAD

Drain, press and dry the tofu up to 24 hours ahead.



### NUTRITION NOTES

Sweet potatoes have a lower GI than regular ones, and eating them with the skin on significantly boosts the amount of fibre in this meal.



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# Wholewheat spaghetti with squash, salami and pine nuts

**SERVES 2** **HANDS-ON TIME** 20 MINS **TOTAL TIME** 35 MINS

## » NUTRITION NOTES

Nutty-tasting wholewheat pasta has more than double the fibre content of the more processed standard white type, and is an easy slow carb switch to make.

- ◆ about 400g diced butternut squash
- ◆ 2 tbsp olive oil
- ◆ 2 tbsp pine nuts
- ◆ 120g dried wholewheat spaghetti
- ◆ 2 garlic cloves, crushed
- ◆ 40g sliced salami or pepperoni, cut into strips
- ◆ zest and juice of ½ lemon
- ◆ 20g wild rocket
- ◆ 25g parmesan cheese, grated

- 1 Preheat the oven to 200°C, fan 180°C, gas 6. Put the butternut squash on a baking tray and drizzle over 1 tablespoon of the olive oil. Season well and roast for 25 minutes or until tender, adding the pine nuts to toast for the last 5 minutes.
  - 2 Cook the pasta in vigorously boiling salted water until al dente.
  - 3 Meanwhile, heat the remaining oil in a large frying pan. Add the garlic and salami and cook on a low heat until golden and crisp, about 4-5 minutes. Add the lemon zest and juice and turn the heat off for now.
  - 4 When the pasta is done, turn the heat back on under the salami mixture. Drain the pasta, saving 1-2 tablespoons of the starchy cooking liquid. Toss the hot pasta into the frying pan and add the roasted squash and pine nuts, extra cooking liquid, rocket and a handful of the cheese. Toss well and divide between two plates. Serve scattered with the remaining cheese.
- 609cals; 31g fat (8g sat fat); 21g protein; 12g fibre; 55g carbs; 11g total sugars; 1g salt ►

## » GET AHEAD

Roast the squash up to 3 days ahead; cool, cover and chill. Reheat in the oven for 10-15 minutes, adding the pine nuts at the end, to toast.





# Butter bean, pepper and chorizo sauté with seared cod and asparagus

SERVES 2 **GF DF** HANDS-ON TIME 25 MINS TOTAL TIME 30 MINS

- ◆ 75g chorizo\*, diced
- ◆ 1 large onion, chopped
- ◆ 2 garlic cloves, crushed
- ◆ 2 tbsp olive oil
- ◆ 2 tsp ground cumin
- ◆ 2 tsp smoked paprika
- ◆ 1 tbsp tomato purée
- ◆ 3 tbsp sherry vinegar
- ◆ 2 roasted peppers from a jar, drained and roughly chopped
- ◆ 1 x 400g tin butter beans, rinsed and drained
- ◆ 100g asparagus tips
- ◆ about 300g skinless, boneless cod loin
- ◆ plain flour\*, to dust
- ◆ 2 tbsp chopped flat-leaf parsley

- 1 Dry-fry the chorizo in a large frying pan over a medium-low heat for 5-6 minutes until crisp. Add the onion, garlic and 2 teaspoons of the olive oil to the chorizo in the pan. Season and sauté over a medium heat for 6-8 minutes.
- 2 Add the spices, tomato purée and sherry vinegar and let everything sizzle for a minute. Stir in the roasted peppers, butter beans and a splash of water and cook for another 1-2 minutes. Remove from the heat and season to taste.
- 3 When you are close to serving, bring a pan of salted water to the boil. Season the fish and dust with flour. Heat the

remaining oil in another frying pan on a high heat. When shimmering, add the fish and fry for about 3 minutes each side until golden and cooked through.

- 4 Meanwhile, blanch the asparagus in boiling water for 1-2 minutes and then remove. Reheat the beans and divide between two plates. Top with the cod and asparagus and serve with the parsley scattered over.

*\*Use dairy-free chorizo, and gluten-free flour if required.*

- 542cals; 25g fat (7g sat fat); 46g protein; 12g fibre; 27g carbs; 11g total sugars; 1.9g salt ■

## NUTRITION NOTES

A hearty, flavour-packed meal, with the butter beans and veg providing slow-release carbs and fibre, keeping you fuller for longer.

» GET AHEAD  
Prep to the end of step 2 a few hours ahead





# BREAKFAST

## *on the slow*

A calm moment of pleasure at the start of the day has become more important than ever. We call it Breakfast on the Slow, and we'd love you to join us...



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**S**top, just for a minute and start your day with a moment of calm by enjoying a very special breakfast just for you. dorset cereals Honey Granola is a glorious mix of crunchy pecans and almonds, oats and rye flakes and, of course, honey. So why not treat yourself to a delicious breakfast really worth slowing down for by giving it a tropical twist.

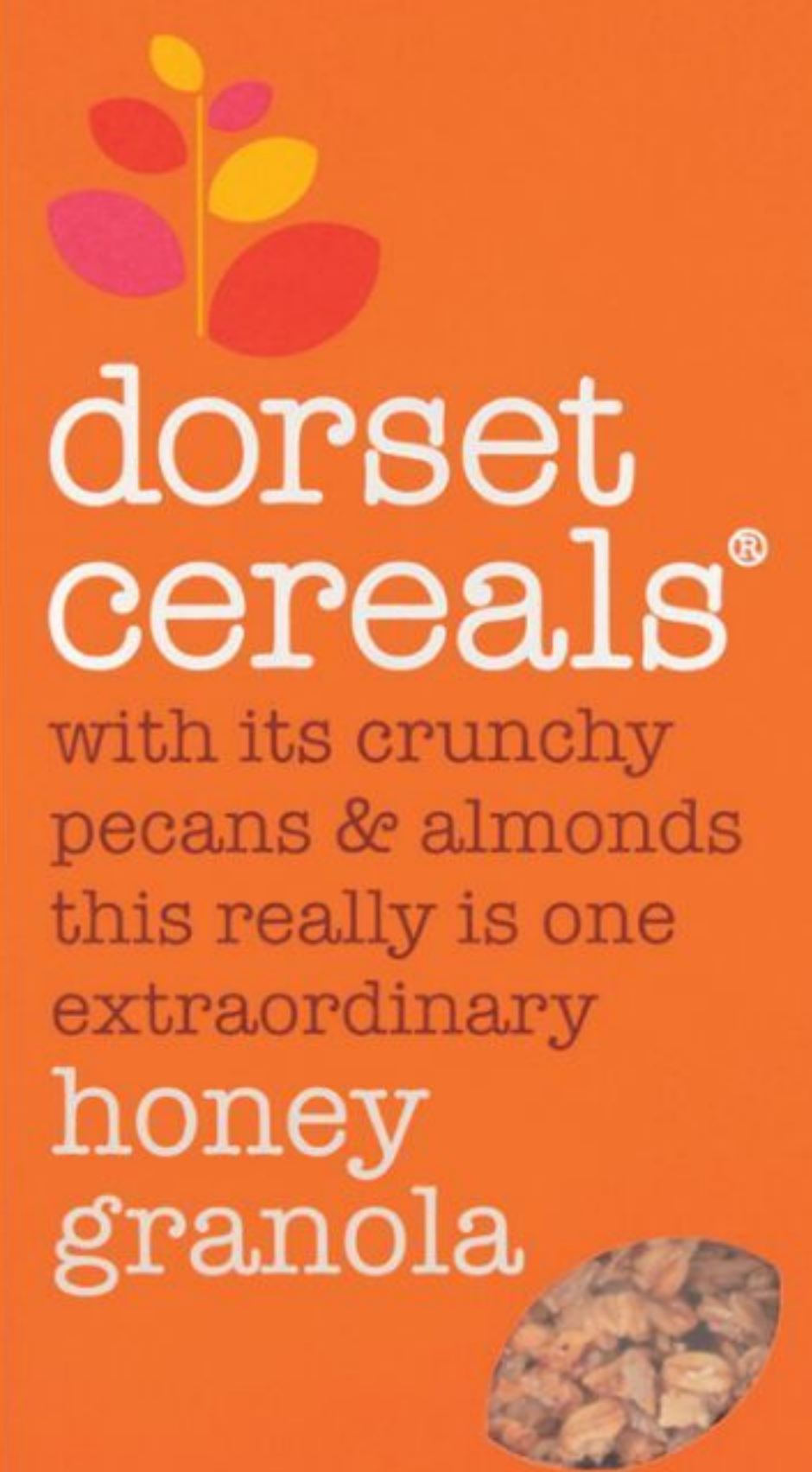
#### A RECIPE FOR SUCCESS

For this leisurely treat, serve 45g **dorset cereals Honey Granola** with a generous dollop of **coconut or Greek**

**yogurt** – whichever takes your fancy. Pair with some juicy chunks of **fresh pineapple** and a sprinkle of **toasted coconut chips**. Tuck into these sunshine flavours and enjoy a little piece of paradise in your own kitchen. The world can wait.

#### GO SLOW

For more Breakfast on the Slow inspiration, follow us @dorsetcereals #breakfastontheslow or visit [dorsetcereals.co.uk](http://dorsetcereals.co.uk) to see our full range of delicious mueslis and granolas.



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# The beauty edit

Beauty editor **Jane Druker** on why we should greet spring with the very best of British beauty finds



What do the Queen, cricket, crumpets, Sunday roasts and James Bond have in common? They're all quintessentially British, and joining their unique ranks are a bunch of brilliant British beauty brands.

The British attitude to beauty has always been a little bit cool and a whole lot stylish; think Twiggy, Kate Moss, Naomi Campbell and Cara Delevingne. Perfumer Pia Long of candlemakers Boujee Bougies (sounds French, but is *très Anglais*) describes the Brits as true pioneers, 'thriving on qualities ever-present in innovation – diversity, the unconventional and a desire for progressive mischief'. And internationally renowned beauty entrepreneur Jo Malone agrees. 'In this ever-changing world, one thing I can always rely on and trust is the great British creative heart,' she says. Hear, hear!

Today, bestselling British brands are ready to take their products to the next level. 'It feels like we've been holding our breath for quite

a long time, with the changes going on in our world. Now it's time to exhale and excel,' says David Delpont, global ambassador of Brit favourite REN Clean Skincare. 'We're able to do our bit in creating jobs, supporting local communities and the economy.'

And that is a message we can all get behind. In these uncertain times, buying British has become more important than ever, if we want our much-loved brands and economy to flourish. I always look out for native ingredients too – lavender, honey, rosemary, mint and rose grow abundantly here and these are ingredients to look out for. Try Neal's Yard Remedies and Bamford for true, high-quality British skincare that specialises in using ingredients that are grown locally.

The brands at the forefront of the Brit-pack mix creative nous with wonderful back stories. They are built on customer need and often family owned. They're also not always expensive. Here's my pick of the best...



**Boujee Bougies**  
Hellflower  
candle 220g, £55  
(boujeebougies.com). Each Boujee candle has a unique fragrance and is made with 100% natural wax.

## Stress less and sleep better

Seven products from the *This Works Stress Check* range are now available in store at Sainsbury's, priced between £4 and £25. All target skincare and wellness, with a focus on reducing stress and improving sleep. **Stress Check CBD Body Cocoon** 250ml, £25 (sainsburys.co.uk)



## Beauty



**1. FOR YOUR NAILS:** Barry M nail polishes, £3 until May (sainsburys.co.uk). A family-run business, Barry began selling nail polish from his mother's front garden; his son Dean is now at the helm. Choose from a huge range of colours and finishes including gels, matte and gloss. A fun brand that's great for all ages.

**2. FOR YOUR HAIR:** Tangle Teezer, from £9 (sainsburys.co.uk). The range includes 11 different brushes for individual hair types and needs; take the quiz to find out which is best for you at tangleteezer.com. Launched in 2007 with a pitch on *Dragons' Den*, the idea from founder Shaun Pulfrey has turned into a multimillion-pound business. It was rejected by the dragons, but when the episode aired, the Tangle Teezer website crashed due to demand.

**3. FOR YOUR FACE:** Boutique make-up range, from £2 (sainsburys.co.uk). This brand – exclusive to Sainsbury's – boasts long-lasting and diverse eye, lip and nail shades at brilliant prices. Three BB creams have just been added to the line.

**4. IN THE BATH:** Molton Brown Orange & Bergamot Bath & Shower Gel 300ml, £22 (moltonbrown.co.uk). Celebrating its 50th anniversary this year, Molton Brown began as the brainchild of Caroline Burstein and excels at unusual but high-quality bath and body fragrances.



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# My beauty philosophy

Fashion and jewellery designer  
**Nicole Akong**



## PLEASE MEET

**NICOLE AKONG** is a designer and Great British Sewing Bee finalist. She creates fashion and jewellery collections for House of Akong (houseofakong.com), famously worn by Amal Clooney



**AS A JEWELLER, MY HANDS GET VERY DRY**  
The solution is to regularly moisturise them with coconut oil, which I swear by. **Organic Virgin Cold Pressed Coconut Oil 300ml**, £3.10 (sainsburys.co.uk).

## I'VE PARED BACK MY BEAUTY ROUTINE

We cut down on plastic consumption so I now use soap bars instead of bottled shampoos – I like **Garnier Shampoo Bar 60g**, £7.99 (garnier.co.uk).



I also massage bicarbonate of soda into my scalp – it removes excess oil and leaves my hair soft and shiny.

## THE ADVICE I WOULD GIVE TO MY YOUNGER SELF?

Don't spend so much money on fancy packaging. I use **Garnier Micellar Rose Water 400ml**, £6.99 (garnier.co.uk) and a natural oil like **A'kin Organic Rosehip Oil 20ml**, £18 (sainsburys.co.uk). I spend a few pence a day on skincare and look all the healthier for it. My family washes with **Simple Bar Soap 4 x 125g**, £1.95 (sainsburys.co.uk) – nothing fancy.



## I CHANGED MY DIET AND CLEARED UP MY SKIN

In my teens and 20s I suffered with acne. I now eat a gluten-free, vegan diet and mostly stick to vegetables and rice. And I make an effort to cook from scratch.

## 'Beauty comes from inside; your mind is your superpower'

*I believe confidence is vitally important and your first love should be yourself. Learning to value your own uniqueness is everything; I talk to my three kids (who are seven, nine and 12 years old) about it a lot.*



## DO WHAT YOU LOVE

It's taken me ages to find an activity I actually like! Exercise-wise, I now do Hatha yoga every morning and then walk my poodle, Maxi, for another 30 minutes.

## GREY MATTERS

I stopped dying my hair two years ago and let it grow out to its natural grey. People ask me about it all the time. I think that whatever your body does naturally is how it wants to be.

## 'Age is just a number'

*I am happy to be 43. Everyone has both a biological number and an emotional/attitudinal age – the one you truly feel. In midlife, I have the wisdom of experience so I don't buy in to the wish-yourself-younger mentality. Be the best you can be at every stage. I have a youthful spirit and energy and I hope that I always will.*





# CLEAN HOUSE CALM MIND

A spring clean doesn't just spruce up and bring order to your physical surroundings – it can help clear negative thoughts and stress, too.

**Melanie Leyshon** discovers why outer order equals inner calm

**F**ifty per cent of Britons don't partake in the annual spring clean, according to a recent survey. Are you one of them? Then it might be time for a rethink. The benefits of tidying up for our wellbeing far outshine gleaming taps, sparkling surfaces and slimmed-down bookshelves. If you want to raise your mood – and who doesn't in this climate? – it's time to grab a duster and bin liners, say the experts.

Over the past year, our homes – and with them, our anxiety levels – have been stretched to their limit. Living rooms have become makeshift offices, classrooms, nurseries and gyms, and for many of us, clutter and disorder have reigned. Delivery boxes have piled up in hallways, stacks of printouts and papers have grown on dining and kitchen tables; cleaning and sorting – quite naturally – have taken second place to homeschooling and working.

That's why, according to Gretchen Rubin, America's happiness guru and bestselling decluttering author, 2021 is the year to embrace the spring clean. 'When we're all spending so much time at home, more orderly surroundings can help us stay focused, productive and cheerful. By getting rid of things we don't need, don't use and don't love, we give ourselves more elbow room. For most people, outer order contributes to inner calm – which we all really need these days.'

For Gretchen, managing her possessions improves her emotional attitude, physical health, intellectual vigour and even her social life. She says: 'When clutter is gone, I have more choices about the future: what to buy, what to do, where and how to live. Because I'm no longer hemmed in by possessions, I feel a sense of renewal.' Her book *Outer Order, Inner Calm: Declutter and Organize to Make More Room for Happiness* (John Murray Press, £9.99) covers the positives and practicalities of how to regain a sense of order.

Setting a date is a good way to kickstart a cleaning project, says Gretchen, but she also thinks that right now is always the best time. 'No matter how busy I am, I force myself to take at least a few minutes each day to impose some order,' she says. 'If I'm feeling overwhelmed by multiple writing deadlines, I spend 20 minutes cleaning my office, because I know that clearing my papers clears my mind.'

Sophie Scott, cognitive neuroscientist at University College London, sees tidying as one of the simplest ways to lift our mood. She suggests using the spring clean as a bit of theatre, like new year resolutions, to get things done. 'A good way to overcome procrastinating about cleaning is to set a realistic to-do list,' says Sophie. 'Don't say you'll do it all at once, because you won't, and then you won't get the mood lift if you fail. But get stuck into small tasks and it's a double whammy. You'll have achieved a goal and released feel-good endorphins and endocannabinoids that reduce anxiety and calm you.'





## GETTING STARTED

The hurdle for many is decluttering before we even start cleaning. That's where an expert can help. Helen Sanderson, professional organiser, interior designer and psychotherapist ([helensanderson.com](http://helensanderson.com)), has been helping people clear their homes for 15 years. We've got better at seeking advice, she says, especially women, who want to enjoy their time with their family rather than declutter at weekends.

She thinks of professional declutterers as personal trainers. 'You know that when they turn up, you're going to do those press-ups. But if you're left on your own, you're just going to think about doing them.' If you can't afford one, enlist your own partner in grime – a friend or family member. Helen has devised a systematic Home Declutter Kit (£36.99), which is a set of cards that takes you through six stages of decluttering. First you set goals before working through rooms and cupboards, making those keep, recycle and donate decisions. 'Clutter is a set of decisions

**'The benefits of tidying up far outshine gleaming taps and sparkling surfaces'**

that haven't been made. The kit supports you through that decision-making process,' she explains. Thinking of your home as an overgrown garden that needs weeding is a helpful metaphor: once it's cleared, you'll find the treasures you want to keep. It's not all about getting rid of things. It's about visualising how to make the best of what you have once you can see beyond the clutter.

## BEYOND CLEANING

For clutter psychotherapist Julieanne Steel ([unclutteryourlife.co.uk](http://unclutteryourlife.co.uk)) the spring clean should also be seen as a cleansing, holistic process; a way of clearing stagnant energy in the home and in the heart. While she advocates zero tolerance to surface and floor clutter, she doesn't think we should get so rigid that everything needs to be perfect before we can relax. For her it's about getting your home shipshape, then ➤



setting daily habits so things don't become unmanageable.

The payback for the mental effort and elbow grease is less stress. 'Being able to easily find something and move unencumbered through your house without vaulting over piles of clothes makes us calmer,' says Dr Chris Stiff, senior lecturer in psychology at Keele University. 'A tidy environment means we know where things are, and also that we know where to put things back, which allows us to get things done quickly.'

It also boosts our confidence. 'When we accomplish a task – especially a difficult one – it can increase our feelings of self-efficacy, our belief in our own abilities. This can then transfer to other challenging tasks which we might encounter outside of tidying,' says Chris. He says one study concluded that people were better at tasks when they did them in a tidy environment compared to a cluttered one.

In worrying times, it can feel like cleaning and decluttering is just a superficial distraction, and that our time is better spent elsewhere. 'We may be deeply worried about the problems of the world, and we're right to be worried,' says Gretchen Rubin. 'Yet the promise of outer order is something that we can tackle on our own, right now. By doing so, we help restore our equanimity – and this isn't a futile or selfish gesture, because that equanimity makes us more effective when we seek to address the problems of the world.' ■

## CLEAN UP WITH COOK'S INGREDIENTS

### BINS AND DRAINS

Use a solution of 2 tsp bicarbonate of soda to 1 pint of warm water to clean them.

### KITCHEN KETTLES

Add a shot of concentrated lime juice to a full kettle and leave for an hour. Discard, then boil 3 times to banish the lime flavour and limescale.

### MICROWAVE

Add lemon juice to a bowl of water and microwave for 5 mins. Leave unopened for 5 minutes before cleaning burnt-on gunk.

### DISHWASHERS AND WASHING MACHINES

For dishwashers, fill the detergent drawer with clear vinegar and run it empty. For washing machines, put a plastic cup of clear vinegar in the drum and run it at the hottest wash.

## YOUR SPRING CLEAN ACTION PLAN

Decluttering psychotherapist Julieanne Steel shares her advice for a successful spring clean – remember, decluttering first will make cleaning easier.

● **START IN THE HALL** It's the threshold to other rooms and the first thing people see when they come into your home. Next, choose one room or a cupboard or wardrobe. Take everything out, and put items onto a sheet on a piece of furniture you will need later, such as your bed or dining table – that way, you'll have to finish the task. Set designated places; have hooks for coats, baskets for shoes, boxes and drawers for essentials – especially keys, DIY items, stationery and cosmetics.

### ● CLEAR SURFACES SO YOU CAN DUST AND WIPE THEM DAILY

Only keep out items that you use often, such as the kettle and other appliances you use every day. In the bathroom, keep caddies of toiletries in the bath and shower, so you can move them easily for cleaning.

### ● MAKE THINGS ACCESSIBLE

Don't make it difficult to get to your cleaning kit, or it won't get used by you or others.

● **ESTABLISH A DAILY ROUTINE** Start a 15-minute ritual that always encompasses: making the bed, taking the rubbish out, putting on a wash and wiping down surfaces. Stack and unstack the dishwasher throughout the day.

● **FACTOR IN MONTHLY TASKS** Tackle one key area at a time: under the sink, under the stairs, your wardrobe or home office.

● **CREATE SMART PLACES** Keep prime space free for your most-used items, so you can grab them quickly – keys, umbrellas, pens, scissors. It will save time and lower stress.

## KEEP IT GREEN: THE BEST ECO-CLEANING PRODUCTS

- 1. Method Multi-Surface Cleaner, French Lavender (£3)** Julieanne Steel's go-to for clean surfaces; the scent adds freshness.
- 2. E-cloth Wash & Wipe Kitchen Cloths x 2 (£3)** A reusable tough-on-dirt cloth that works with water or diluted Fairy liquid.
- 3. Ecover Non-Bio Washing Powder (3kg, £12.50)** Plant-based ingredients; works well at lower temperatures.
- 4. Cif Cream Multi-Purpose in Lemon (500ml, £1)** Loved by professional cleaners who don't want a chemical overload.
- 5. Cif Ecorefill for Power and Shine (70ml, £1.50)** Impressive results and minimal recycling as you can refill the original bottle.
- 6. Method Wood Floor Cleaner, Almond (739ml, £4)** Squirt straight on to wooden floors, then mop.
- 7. Seventh Generation Bathroom Spray (500ml, £2.50)** 97% plant-based, but can tackle hardcore limescale.
- 8. The Pink Stuff Paste (500g, £1)** A veg-based cleaning paste that tackles stubborn stains. (All products [sainsburys.co.uk](http://sainsburys.co.uk))







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# PUT YOURSELF IN THE DRIVING SEAT

**T**he one sure thing we've learned from the past year is that much of life isn't within our control. This has not been the time for big plans or resolutions; sometimes just getting through the day has been a win. But another thing we've learned is that whatever happens, the time still passes. Isn't it better to go in a direction that feels purposeful and positive, rather than let ourselves drift?

This is where setting goals comes in. 'The act of setting a goal is an opportunity for reflection and self enquiry,' says life and business coach Pandora Paloma. 'It's also an act of commitment to yourself which makes you feel empowered. Setting goals will make you feel as if you are in the driving seat of your life.'

There's another good reason to do this now, says life coach Amanda Dewinter, author of *The Success Code* (HQ, £12.99). 'We have all had to pare down our lives to the absolute basics,' she says. 'We now know what matters. So we have the opportunity to ask: what is important in my life? Do I need

a few tweaks to make my life better or am I on the wrong track completely?'

It's important to make sure that setting goals will make you feel positive rather than overwhelmed, so first confirm that the goals are what you really want, not what you think you should do.

'You owe it to yourself to pursue a life that you truly love,' says Adrienne Herbert, author of *Power Hour* (Hutchinson, £14.99) and founder of the Power Hour podcast. 'Ordinary people can achieve extraordinary things; I believe we are all capable of so much more.'

The classic goal-making guidelines were created by psychologist Edwin Locke in the 1960s, and are still valid today. He proved that the best way to motivate yourself is to aim for a goal that you're not certain you can achieve – so it's worth being ambitious, whether you reach it or not.

'Regardless of whether you achieve a goal, there is merit in having a focus. It's part of the human condition; we need purpose,' says Adrienne. 'The modern world is complex – we are overwhelmed

Empower yourself by learning how to set the right goals and achieve your plans, even during a pandemic. **Brigid Moss** asks the experts how it's done





These ‘micro goals’ are where the magic happens, as they focus your mind in the short term. Add to this sense of immediacy by pinning them on a board with inspirational pictures, or putting your list somewhere visible, like your screensaver. ‘They will become part of your daily life, and keep triggering you,’ says Amanda.

But what if you aren’t clear about what your goals might be? Try creating them from a more intuitive place, Pandora says. ‘Start with a single word to set the tone of how you want to feel for the next year. For example, my word of the year is “spaciousness”. Other people might want to feel expansion, adventure, ease, stillness, or visibility. Next, ask yourself: what does that word actually look like in my life? What does it look like at work, as a parent, in my relationships, in my health, in my environment? For me, spaciousness in my environment became the goal of moving closer to the sea; in my work life, it meant not working before 10am or after 6pm.’

If you haven’t got a big goal, try a series of small ones. Maybe this month it’s daily yoga; next month, learning embroidery. ‘A set time period gives you time to land into each individual goal,’ says Pandora.

Finally, review your goals, ideally weekly. Amanda says her clients who succeed are those who are flexible enough to change their vision. ‘Modifying a goal is not the same as giving up,’ she adds. ‘And, as you may have discovered last year, you are likely to have to adapt your goals along the way.’ ■

with choices and ideas. Having a direction and a deadline cuts out all that noise.’

## FIND YOUR FOCUS

Locke describes the best goals as specific and clear, with a definite timescale. Added to that, a more recent study showed that those who wrote down well-defined goals (including a plan of action), sent them to a friend, and had a weekly progress update accomplished the most. ‘It can really help to do your goal-setting with another person,’ says Amanda. ‘That way you can mull over your ideas and you have accountability.’

When you’re writing your plan, it’s also good to break each big goal down into a series of small stages or wins, says Adrienne. ‘Take a blank sheet of paper or a new page in your journal. Then finish these sentences: This year I will... This month I will... This week I will... Today I will... Hold the big picture in your mind while also seeing the small actions you can do every day. What we do daily defines what we create permanently.’ Deadlines are key: ‘As soon as you add a date to a dream, it becomes a plan,’ she says.

## THE GOLDEN RULES OF GOAL SETTING

**GET SPECIFIC** Saying, ‘I want to get fit,’ for example, is too vague. Decide what ‘fit’ looks like. Lifting heavier weights? Completing a 5k? The clearer you are, the easier it will be to stay on the right track.

**SET A DEADLINE** We are all busy. We all have demands on our time. If you put it in your calendar, you can’t keep kicking it into the long grass. It becomes the priority it should be.

**TELL SOMEONE** You won’t want to let them down, or appear to have let yourself down. A goal becomes more real when you talk to others about it.

**ASSESS AND REFLECT REGULARLY** This is the key element that people miss out. Goals should be reviewed weekly. Things change, or you might see you were heading in the wrong direction. It’s far more courageous and beneficial in the long run to admit you made a mistake and change course.

**ASK FOR HELP** This doesn’t mean you lack competence, it shows a willingness to commit and to improve. There are always going to be things we don’t know and people who want to help us with their advice, time or expertise.



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# Good buys

Our hand-picked selection of life's new little luxuries

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## LINGERIE TO LINGER IN

Looking for a pretty yet comfortable bra? Then try a softer shaped bralette, one of this year's top lingerie trends. We love this midnight blue set from Figleaves, which pairs flattering shorts with a plunging top for relaxed glamour.

**Millie short, £8; Millie bralette, £15** ([figleaves.com](http://figleaves.com))

## BRUNCH TO GO

The hostess trolley has been revived! Load up your edibles (and maybe a bottle of fizz) and simply wheel this brunch cart to your at-home venue of choice to make daytime lunching – or weekend brunching – feel special.

**Moreton Kubu trolley, £395** ([thewhitecompany.com](http://thewhitecompany.com))



## BRIGHT IDEA

Soft, magical and romantic... add floating candles to a shallow bowl of water, alongside some fragrant petals or complementary flower heads, for a pretty glow – and an Insta-worthy table setting.

**Agra large floating candle, £6 for two** ([habitat.co.uk](http://habitat.co.uk))



## WHITE NOISE

You'll be grabbing that leather strap and taking this Bluetooth speaker outside, where its great sound quality and 30-hour battery life will get the garden party started, even if it's just the two of you...

**Audio Pro Addon T3+ speaker, £180** ([audiopro.com](http://audiopro.com))



## COLOUR ME HAPPY

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This season's colour palette features coral pink, acid yellow and flattering ochre. Team with jeans and trainers to bring instant sunshine into your life.

**Liliana flower drop earrings, £15** ([oliverbonas.com](http://oliverbonas.com)); **Ochre stripe top, £16** ([next.co.uk](http://next.co.uk)); **Essie Take 10 nail polish, £8.99** ([lookfantastic.com](http://lookfantastic.com))





# JACK REACHER DOESN'T LOOK FOR TROUBLE...

## TROUBLE FINDS HIM

'If you haven't read any  
Jack Reacher, you have  
a treat in store'

**THE TIMES**

'The *Sentinel* shows  
that two Childs are  
even better than one'

**JAMES PATTERSON**

'The one man revenge  
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# Good reads

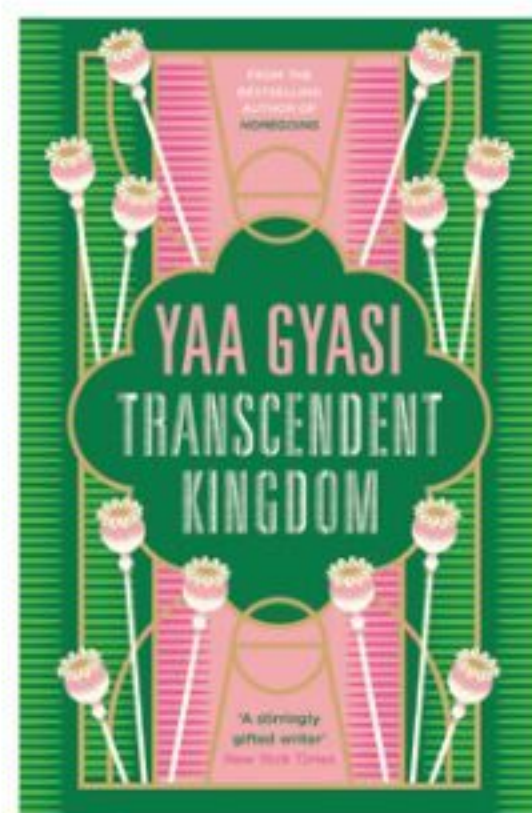
Kerry Fowler suggests the best books to curl up with this month

[SAINSBURYSMAGAZINE.CO.UK](http://SAINSBURYSMAGAZINE.CO.UK)

## Transcendent Kingdom

As a little girl in Alabama, Gifty rosies up her Ghanaian heritage with the notion her family were royalty, and dresses her American future with dreams of becoming a dancer. Now she is grown up and a scientist, Gifty is very much in the real world, facing both the loss of her brother to opiates and her mother's reclusive depression. Yaa Gyasi's writing is shining even as the tangled traumas of the past come to the surface.

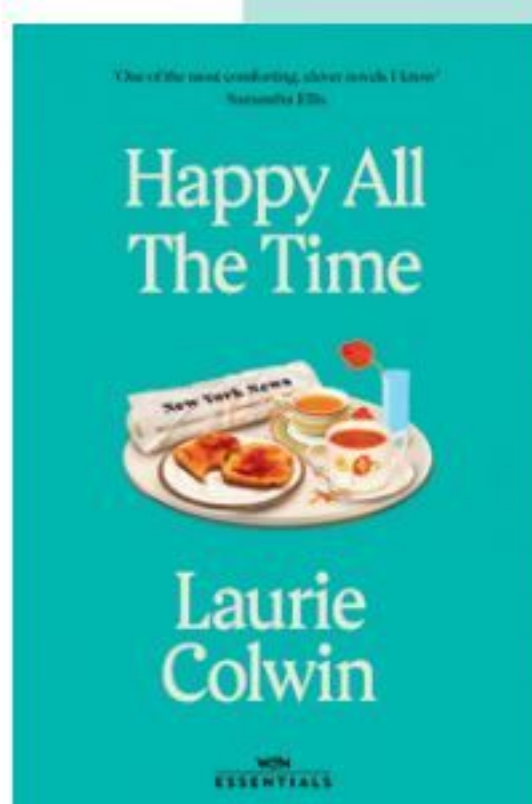
**YAA GYASI**  
(VIKING, £14.99)



## Happy All the Time

This novel from Laurie Colwin (a writer adored by Nigella Lawson and Dolly Alderton) is a jewel in W&N's new collection of 'classics for modern readers'. It tells the story of four people on the road to their sort of happy. Ever cheery Vincent is holding fast to his attraction to super-principled Misty; Holly sets off on a trip of discovery to shake up her 'frighteningly perfect' marriage to Guido. First published in 1978, this is full of the fun we all need.

**LAURIE COLWIN**  
(W&N ESSENTIALS, £8.99)

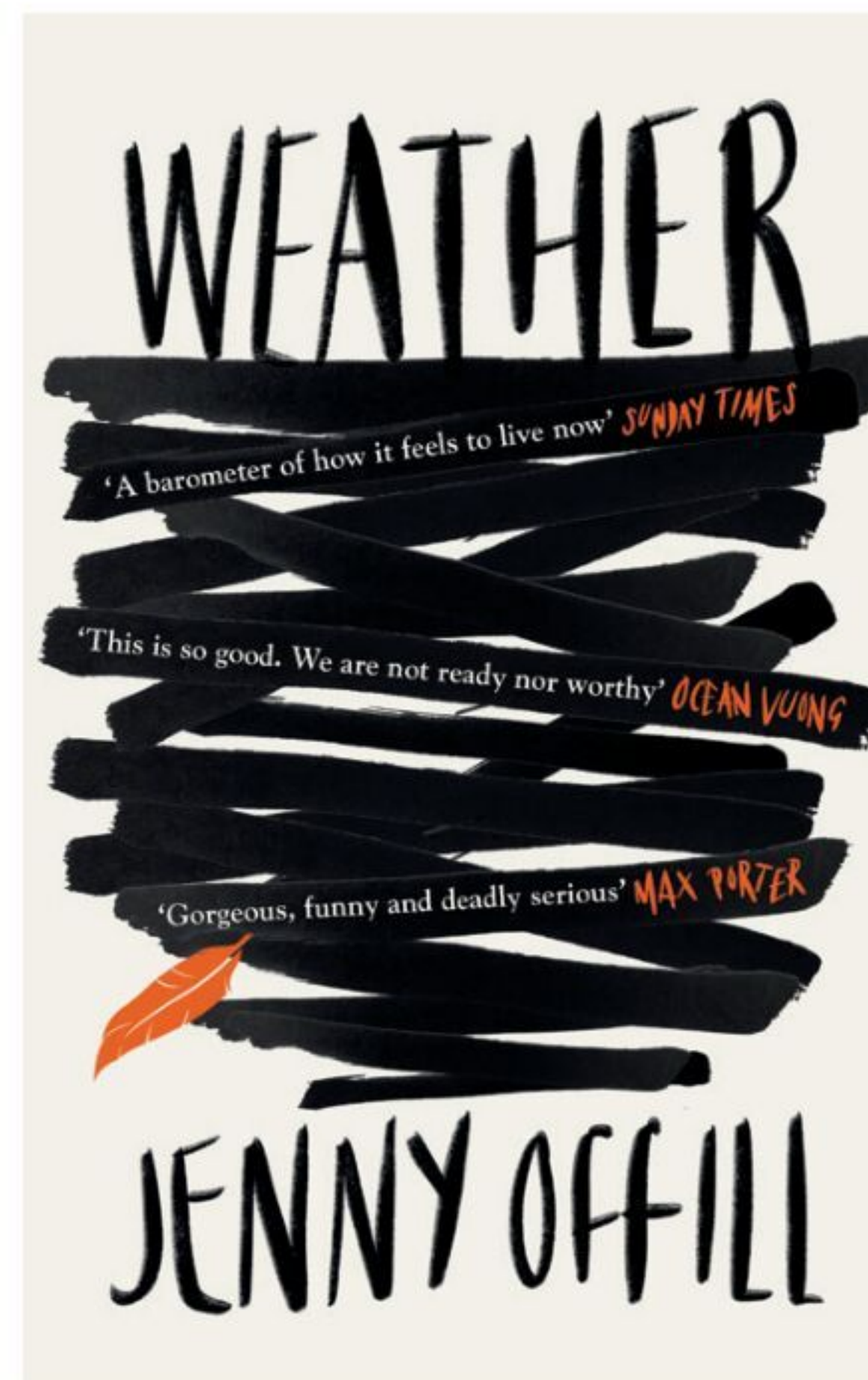


## BOOK CLUB CHOICE

### WEATHER

*Weather* is all about the big picture and the little details; seeing the storm clouds of global change and chaos, and remembering to water the garden. Lizzie is a helper and therapist by nature and has long been looking after her mother and addict brother, as well as tending to her own family. And now she is also employed to answer mail from her friend Sylvia's popular podcast, *Hell and High Water*, dealing with a flood of worries about the end of the world and climate change. Delivered in short paragraphs with dark, sharp humour, this intense experience of a book makes us question how much we can feel for others without losing sense of ourselves.

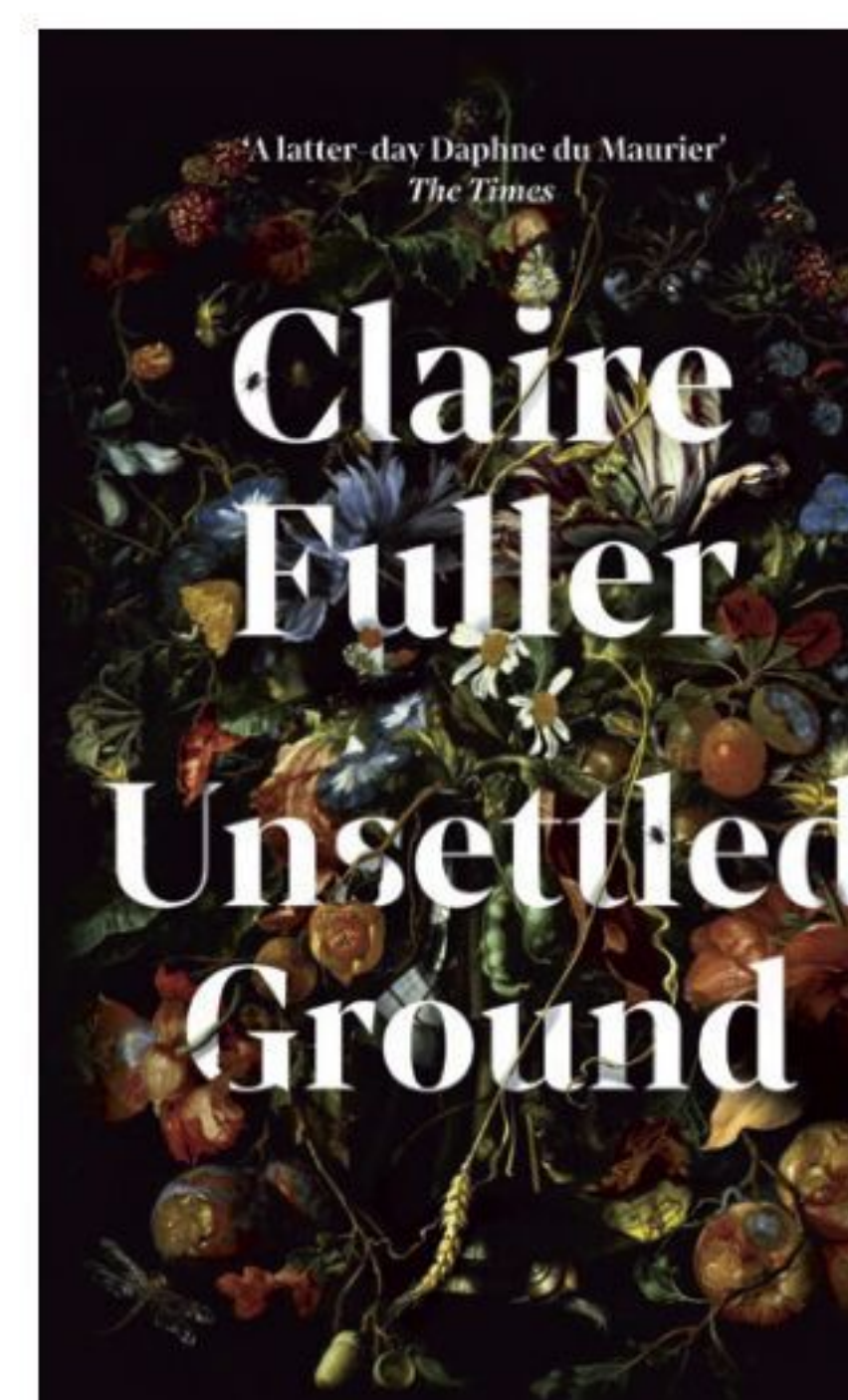
**JENNY OFFILL** (GRANTA, £8.99)



### Unsettled Ground

In the bleak grind of making ends meet, there is always the doggedness of human spirit. Jeanie and Julius, 51-year-old twins, have hidden themselves in an impoverished little world with their mother Dot in a beaten-down cottage: no phone, little heating and muddy vegetables dug from their plot. When Dot dies, they have to find uncomfortable ways to hang on to their home, and bury their mother. A rare focus on the struggles of rural life.

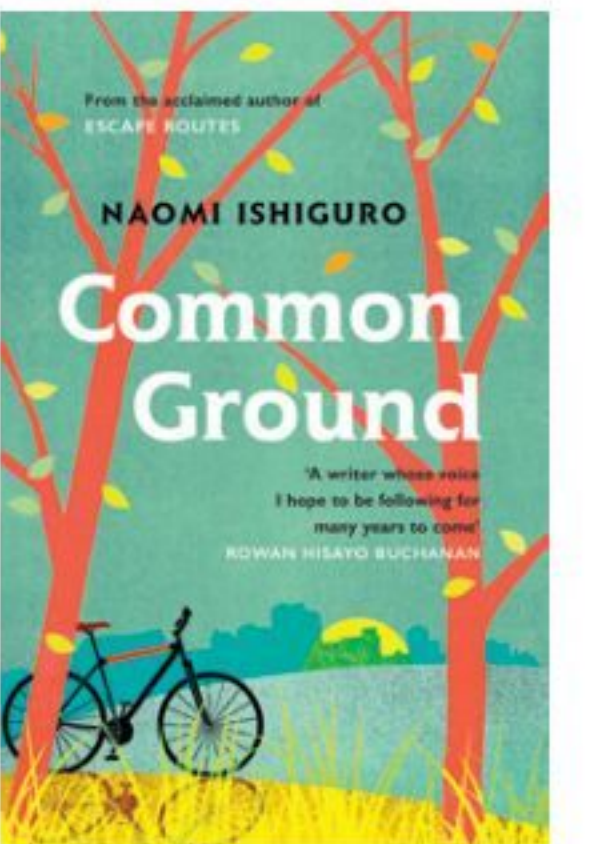
**CLAIRE FULLER** (FIG TREE, £14.99)



## Common Ground

Stan is having a tough time at school, where he's picked on for his second-rate uniform and his intelligence. His escape is out on the local common, where he meets Charlie, a protective older boy from a family of Travellers. Their paths diverge until years later, when the tables have turned in the confidence stakes. Bittersweet, and beautifully observed.

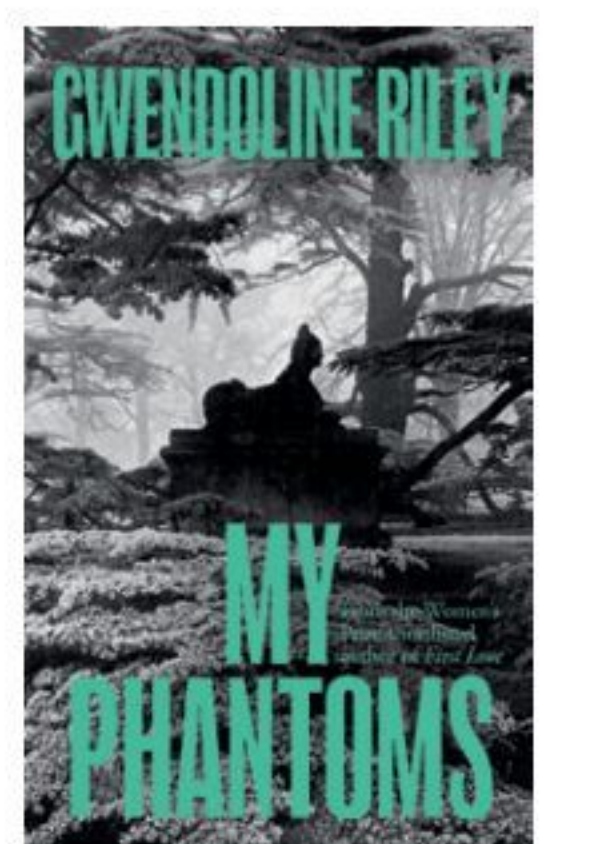
**NAOMI ISHIGURO**  
(TINDER BOOKS, £16.99)



## My Phantoms

Hen and Bridget are mother and daughter, and this is the dialogue of their relationship. Hen is tricky, wanting attention and shying from it; Bridget tries – and fails – to fathom her out. Years later, they start meeting each winter for Hen's birthday lunch, parrying with each other over the salad. Brilliantly choreographed.

**GWENDOLINE RILEY**  
(GRANTA, £12.99)



### IN A BOOK CLUB?

We have three sets of six copies of this month's Book Club Choice for your reading group. For a chance to win, visit [sainsburysmagazine.co.uk/win](http://sainsburysmagazine.co.uk/win)





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\*\* Source: A survey of 201 dental hygienists in the UK, Ipsos (2019)





# Good health

Healthy living news, views and trends you need to know about

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## TAKE A NAP

Nodding off briefly in the afternoon can boost memory and keep the brain agile, a recent study has found. People who regularly took five-minute naps seemed to speak more fluently and remember things better than those who didn't.



## RAW POWER

Love fermented foods like kimchi and sauerkraut but haven't the time to make your own? Enter Vadasz, fermented food experts who promise to boost the flavour on your plate with their range of super sides. Find the brand's Raw Kimchi and Garlic & Dill Sauerkraut in store at Sainsbury's. 400g, £4.50

## SOMETHING TO SMILE ABOUT

Bleeding gums? Current advice is to brush, floss and talk to your dentist – but there could be another reason your gums are less than healthy. New US research, which analysed 15 clinical trials, suggests that bleeding gums could indicate low levels of vitamin C in the bloodstream, and researchers found that increasing daily intake of vitamin C helped to reverse the condition. Foods to go for? Oranges and citrus fruit, cantaloupe melon, red peppers, strawberries, blackcurrants and broccoli.



## CRESS FOR SUCCESS

Watercress not only packs a flavour punch but a nutritional one, too. In season from April to October, it's a rich source of vitamins and minerals and contains high levels of bone-building vitamin K and eye-protecting vitamin A. Stuff it in sandwiches, blend it in soups, and toss in salads.



IF I COULD TELL YOU ONE THING...

## 'IT'S NEVER TOO LATE TO CHANGE'



**Professor Robert Thomas, consultant oncologist**

'It's never too late to adopt a healthier lifestyle. After a diagnosis of type 2 diabetes, the need for drugs or the risk of secondary complications can be prevented by lifestyle programmes. After a heart attack, the odds of a second occurrence can be more than halved by exercise. Following cancer treatments, choosing an active, nutritionally sound lifestyle can mitigate many of the troublesome long-term toxicities, slow cancer growth, enhance the success of new therapies and reduce the risk of relapse. There is also evidence that those who are more physically fit (due to exercise and healthy eating) before surgery recover quicker and are less likely to catch infections.' *How to Live: the Groundbreaking Lifestyle Guide to Keep You Healthy, Fit and Free of Illness* (Short Books, £14.99) is out now.



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# Good news

The stories making the world a better place, for all of us

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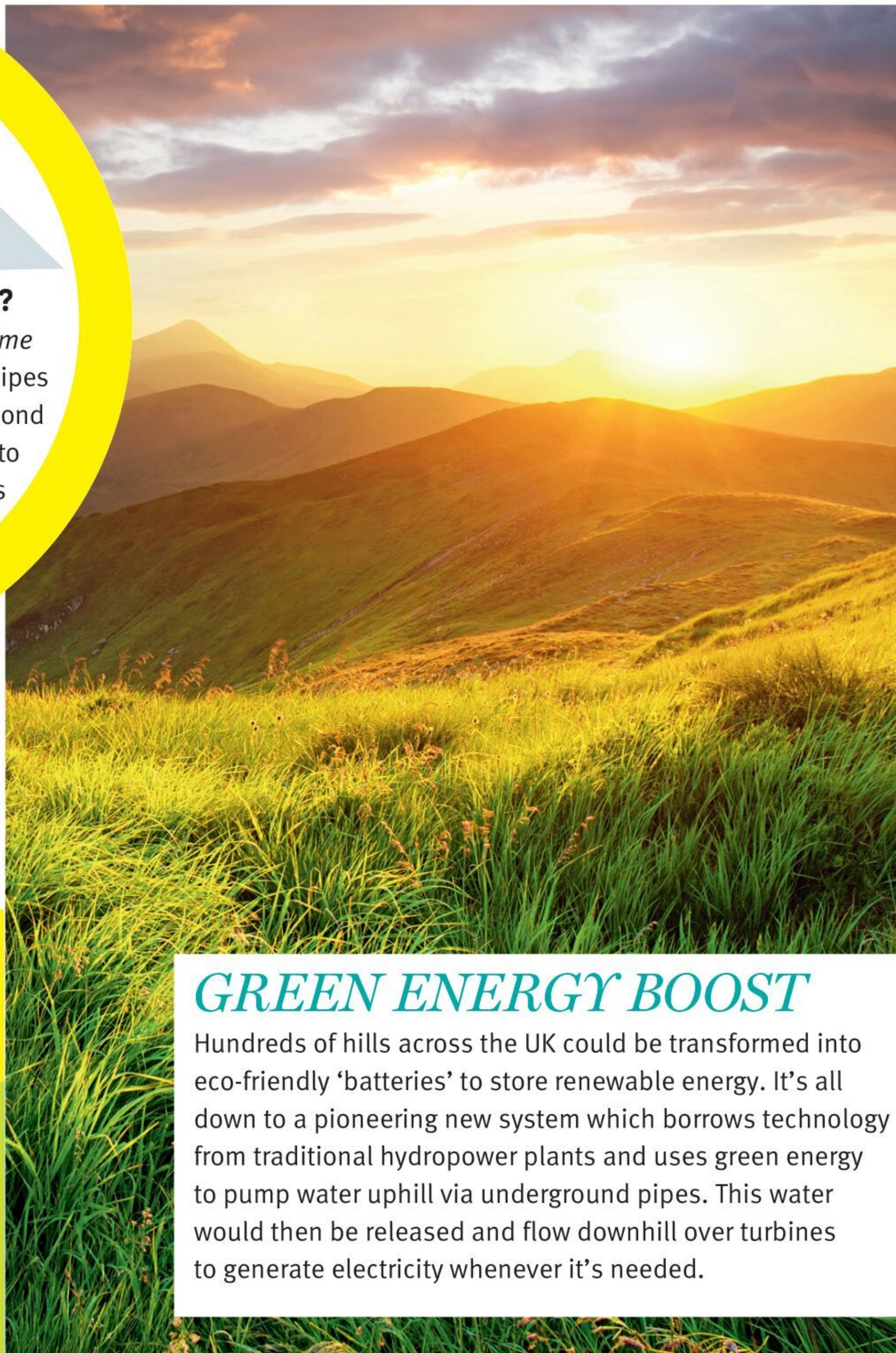


## WHAT EXACTLY DID TOP CHEFS COOK IN LOCKDOWN?

Find out in the new cookbook *Chefs at Home* (Jon Croft Editions, £26), which features recipes from 54 chefs including Jamie Oliver, Raymond Blanc and Angela Hartnett. Proceeds go to charity Hospitality Action, which assists those in need across the hospitality sector.

## RECYCLING RETHINK

Cheese company Cathedral City has launched the UK's first cheese packaging recycling scheme in partnership with TerraCycle. The nationwide scheme will collect cheese film packaging from all brands and recycle it into useful items. Find your nearest wrapper drop-off point at [cathedralcity.co.uk](https://www.cathedralcity.co.uk).



## GREEN ENERGY BOOST

Hundreds of hills across the UK could be transformed into eco-friendly 'batteries' to store renewable energy. It's all down to a pioneering new system which borrows technology from traditional hydropower plants and uses green energy to pump water uphill via underground pipes. This water would then be released and flow downhill over turbines to generate electricity whenever it's needed.

## COMEBACK CRANES

The common crane – famous for its elaborate dancing courtship displays – became extinct in the UK 400 years ago as a result of hunting and a decline in their wetland habitat. But the natural return of a few birds to Norfolk in the late 1970s, followed by focused conservation work and a reintroduction programme, has helped cranes stage a comeback, say experts. The birds have spread to Suffolk, Cambridgeshire and Somerset, and now a new census has revealed that 23 crane chicks were born in the UK last year, pushing the national population past the 200 milestone.



## ROADMAP TO HEALTH

Need another incentive to dust off your bike and leave your car in the garage? A new *Lancet* study has found that environmentally friendly policies – like encouraging walking and cycling, and eating less red meat – have the potential to prevent more than 120,000 deaths annually in the UK and save millions of lives globally.



# *The Great British* **Sarnie**

From picnic doorstops to dainty afternoon-tea treats, the sandwich has been a national favourite for centuries

RECIPES **SARAH AKHURST** RECIPE PHOTOGRAPHS **MARTIN POOLE**







John Montagu,  
the 4th Earl  
of Sandwich

'Two or more slices of bread, or a split roll, having a filling in-between,' is how my dictionary defines a sandwich, a deceptively simple explanation of something so endlessly adaptable.

Sandwiches can be sweet or savoury (and sometimes both). They can be dainty, like afternoon-tea favourite the cucumber sandwich and 'Jam Pennies' (jam sandwiches the approximate size of an old 1d coin), which are apparently favoured by Her Majesty. They can be jaw-threatening and elaborate, like the famous multilayered deli sandwiches of New York or the towering creations adored by Scooby Doo. They can come in all varieties of bread, be toasted or untoasted, simple or extravagant, healthy or quite the opposite... Whatever the format, however, they're always recognisably a sandwich.

As everyone has probably heard at some point, the sandwich got its name in the late 18th century from John Montagu, the 4th Earl of Sandwich, one of those rare moments where legend and food historians actually agree. A keen – possibly addicted – gambler, the Earl was reluctant to leave the card table, and asked for his meat and bread to be brought to him. He placed the former between two slices of the latter, the name stuck and the sandwich thrived: records show that in London by 1850 there were some 70 street vendors selling ham sandwiches.

### ANCIENT AND MODERN

Of course, this notion of bread-with-a-filling exists all around the world. While some famous sandwiches are relatively modern – the New Orleans po'boy, for example, dates back to 1929; the Vietnamese bánh mì originated in the 1950s – in other cultures, from Northern Africa to Asia, flatbreads such as injera and chapatis have existed for centuries. It's probably safe to assume then that the concept of using bread to envelop (or mop up) other foods is thus as old as bread itself. Thanks to a recent discovery of ancient crumbs in Jordan – from a tribe called the Natufians, who lived between the Paleolithic and Neolithic eras – we know bread has been around since at least 14,000 BCE – which, frankly, means a whole lot ➤

## CORONATION CHICKEN & MANGO PICCALILLI

» PAGE 128





From left: Queen Victoria has afternoon tea; a mobile sandwich vendor in London



of 'sandwiches' existed long before John Montagu ever got dealt a hand.

(One of the earliest sandwiches on record dates to around 100 BCE, when rabbi Hillel the Elder is said to have started the Passover custom of sandwiching charoset – a mixture of chopped nuts, apples, spices, and wine – between two matzahs to eat with bitter herbs.)

## CRUST CULTURE

In the UK, before sandwiches were sandwiches, the handheld combination of bread and meat was probably called, er, 'bread and meat'. During the Middle Ages, for example, thick slices of – often stale – bread called 'trenchers' were used as plates. Once soaked in the remains of the meal, these were also eaten – often fed to dogs, or beggars – and the term 'trencherman' evolved to describe a hearty eater.

In many other cultures – particularly Scandinavia – bread-with-a-filling is often actually bread-with-a-topping, resulting in the 'open sandwich', such as Denmark's *smørrebrød*, the Czech *chlebičky*, Germany's *Strammer Max* and Spain's *montadito*. On a vaguely connected note, 'butty', the Great British slang word for sandwich, probably derived from the 'buttered bread'.

In 1860, in *The Uncommercial Traveller*, Charles Dickens hailed the sandwich as 'one of our greatest institutions', declaring it 'as substantial as was consistent with portability, and as cheap as possible'. The latter point is a debatable 'advantage', but food and travel writer Helen Graves, founder of The London Review of Sandwiches and author of *101 Sandwiches*, certainly agrees with Dickens' main point. 'There's just

something about the sandwich,' says Helen. 'Everything that I look for in a recipe, a plate of food – the contrasts of textures, the flavours, everything that's good about a dish – you can get in a sandwich. And from a greed perspective, I find the sensation of biting into bread incredibly satisfying.'

## BIG BUSINESS

The contrasts are also what appeal to Max Halley, the founder of Max's Sandwich Shop, author of *Max's Sandwich Book* (and the forthcoming 'sequel' *Max's Picnic Book*) and regular guest on Channel 4's *Sunday Brunch*. Max has a sandwich-making mantra...

'Hot, cold, sweet, sour, crunchy, soft,' he explains. 'That's what your brain is looking for in order for something to be completely delicious.'

With food fads coming and going, sandwiches have remained remarkably constant, certainly as a domestic staple, but also, particularly, for food on the move. The market may be crowded with options, we may have 'discovered' alternatives such as sushi and pho in

recent years, but the sandwich, be it as working lunch, quick hunger fix or train picnic, remains a huge business. Since supermarkets introduced pre-packaged sandwiches in 1980, the market has grown substantially: by 2018, the UK's sandwich industry employed around 325,000 people and was estimated to be worth around £8bn. That doesn't mean, of course, that such sandwiches have always been good. 'That point where tomato soaks into the bread in a pre-packed sandwich...' says Helen, with a shudder.

## FRESH IDEAS

Now that so many of us are at home, working or otherwise, the sandwich is no doubt as popular as ever. With a little thought, though, urge Helen and Max, you can elevate what you may see as a 'quick fix' lunch into something altogether greater. 'Show it some love,' advises Helen. 'Don't overthink it, but don't just slap it together. Contrasts keep your palate interested. The ingredients don't have to be "the best" – and sometimes, like in a fish finger sandwich, fluffy white sandwich bread is the most appropriate.'

'A lot of excellence in food,' agrees Max, 'is not highfalutin concept, or quality of the ingredients, it's just knowing what to do with them. The most wonderful thing about sandwiches is that you can put nearly anything in one.' There is, however, one trick he'd recommend.

'Take your condiment of choice – hot sauce, mustard, whatever – combine it with mayonnaise, and use that,' says Max. 'Take English mustard. It's a nightmare to spread evenly, but mix it into mayo, you'll get a more even spread, and you temper it without losing the punchiness.'







HOMEMADE FISH  
FINGER AND  
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## THE CHEESE SANDWICH

## PLOUGHMAN'S WITH PICKLED ONION RELISH

SERVES 2 HANDS-ON TIME 30 MINS TOTAL TIME 1 HR 45 MINS, PLUS COOLING

*For the pickled onion relish (makes 3 x 370g jars)*

- ◆ 2 tbsp rapeseed oil
- ◆ 1kg onions, sliced
- ◆ 300g cooking apples, peeled, cored and diced
- ◆ 10 whole cloves
- ◆ 5 tbsp tomato purée
- ◆ zest and juice of 1 lemon
- ◆ 250ml white wine vinegar
- ◆ 375g caster sugar

*For the sandwich*

- ◆ soft butter, for spreading
- ◆ 4 slices walnut cob, or any brown bread
- ◆ 2 slices thick cut honey roast ham
- ◆ 60g mature cheddar (we used Barber's mature cruncher cheddar), sliced
- ◆ handful rocket leaves
- ◆ pickled onion relish, to taste

**1** For the relish, heat the oil in a large pan and gently sweat the onions and apple with the cloves for around 15-20 minutes, or until soft. Add the tomato purée and cook for a further 2 minutes, stirring, then add the lemon zest and juice, vinegar and sugar. Bring to a simmer, stirring to make sure that the sugar dissolves fully, then bubble gently for 45-50 minutes, or until the liquid has reduced and thickened. When you drag your spoon across the bottom of the pan, the mixture should stay apart, without running back into the centre. Remove from the heat and transfer to sterilised jars. Seal and leave to cool.

**2** For the sandwiches, butter the bread and top two of the slices with the ham, cheddar, rocket leaves and a good dollop of the relish. Top with the final two slices of bread. Slice and serve immediately.

■ 498cals; 18g fat (10g sat fat); 28g protein; 6g fibre; 53g carbs; 15g total sugars; 2.9g salt ➤

» **GET AHEAD**  
Sealed jars of relish keep for up to 1 year in a cool dark place. Once opened, store in the fridge and eat within 4 weeks.



THE CHICKEN SANDWICH

# CORONATION CHICKEN & MANGO PICCALILLI

SERVES 2 HANDS-ON TIME 45 MINS TOTAL TIME 1 HR, PLUS COOLING

For the mango piccalilli (makes 2 x 454g jars)

- ◆ 300ml apple cider vinegar
- ◆ 1 tbsp flaky sea salt
- ◆ 1 tbsp coriander seeds
- ◆ 1 tsp cumin seeds
- ◆ 2 tsp mustard seeds
- ◆ 1 tsp whole black peppercorns
- ◆ 2 bay leaves
- ◆ 1 small cauliflower, approximately 400g, cut into small florets
- ◆ 10 radishes, halved
- ◆ 10 small shallots, peeled and halved
- ◆ 2 red chillies, sliced
- ◆ 1 mango, peeled and cut into 1cm dice
- ◆ 125g light brown sugar
- ◆ 1 tbsp mild curry powder
- ◆ ½ tbsp mustard powder
- ◆ 1 tbsp ground turmeric
- ◆ 1 tbsp cornflour

For the coronation chicken

- ◆ 75g light mayonnaise
- ◆ ½ tsp curry powder
- ◆ juice of ½ lemon
- ◆ 30g sultanas
- ◆ 200g cooked chicken breast, shredded

For the sandwich

- ◆ soft butter, for spreading
- ◆ 4 slices rustic white loaf
- ◆ handful baby leaf spinach

1 To make the piccalilli, put the vinegar in a large pan with the salt, whole spices and bay leaves. Heat over a medium heat until simmering, then add the vegetables. Simmer for 5 minutes, then add the chillies and mango. Cook for a further 2-3 minutes or until the veg is tender. Drain into a colander over a bowl, reserving the vinegar.

2 Return the vinegar to the pan, add the sugar and heat gently until dissolved. Mix the curry and mustard powders with the turmeric and cornflour in a small bowl, then add 4 tablespoons of cold water to make a paste; pour into the pan. Bring to the boil over a medium heat then simmer for 5 minutes, stirring continuously, until the mixture thickens. Stir in the cooked veg and continue to cook for a further 2 minutes. Remove from the heat and transfer to sterilised jars. Seal and leave to cool. Ideally leave for 3-4 days to allow the flavours to develop.

3 For the sandwiches, mix the mayo, curry powder and lemon juice together; add the sultanas and chicken, season well.

4 Butter the bread and top two of the slices with a handful of spinach leaves. Divide the chicken between the two and add a good amount of the piccalilli. Finish with the final two slices of bread. Serve immediately.

■ 630cals; 20g fat (5g sat fat); 42g protein; 4g fibre; 69g carbs; 19g total sugars; 2.4g salt



## » GET AHEAD

Sealed jars of piccalilli keep for up to 1 year. Once opened, store in the fridge and eat within 4 weeks.



## THE FISH SANDWICH

# HOMEMADE FISH FINGER AND TARTARE SAUCE

SERVES 2 HANDS-ON TIME 25 MINS TOTAL TIME 25 MINS, PLUS 1 HR RESTING

For the fish fingers

- ◆ 75g plain flour, plus extra to dust
- ◆ ½ tsp fast-action dried yeast
- ◆ pinch sugar
- ◆ 150ml beer
- ◆ vegetable oil, for deep-frying
- ◆ 250g skinless cod fillets (or any white fish), cut into chunky strips

For the tartare sauce

- ◆ 75g light mayonnaise
- ◆ 30g gherkins, diced

- ◆ 1 tsp miniature capers
- ◆ zest and juice of ½ lemon

- ◆ 1 tbsp finely chopped flat-leaf parsley
- ◆ 1 anchovy fillet, finely chopped

For the sandwich

- ◆ soft butter, for spreading
- ◆ 4 chunky slices white farmhouse loaf
- ◆ handful soft lettuce leaves

1 For the batter for the fish fingers, put the flour in a bowl with the yeast, sugar and a pinch of salt. Add the beer and whisk until you have a smooth batter. Set aside for around an hour.

2 Meanwhile, make the tartare sauce by mixing together all of the ingredients. Season well and set aside until required.

3 Fill a wide pan with vegetable oil until it's about 4cm deep. Heat until the oil is around 180°C. Dust the fish fillets with flour and then dip in the batter, holding them above the bowl to allow the excess to drip off. Drop in the hot oil and cook for around 4 minutes, or until golden brown. Don't overcrowd the pan; cook in two batches if necessary. Transfer to a board lined with kitchen paper.

4 Butter the bread and add some lettuce leaves to two slices. Top with the fish fingers and the tartare sauce, and top with the remaining bread. Serve immediately.

■ 703cals; 26g fat (4g sat fat); 35g protein; 4g fibre; 76g carbs; 7g total sugars; 2.2g salt ■

## » GET AHEAD

Prep to the end of step 2 about 1 hour before cooking.



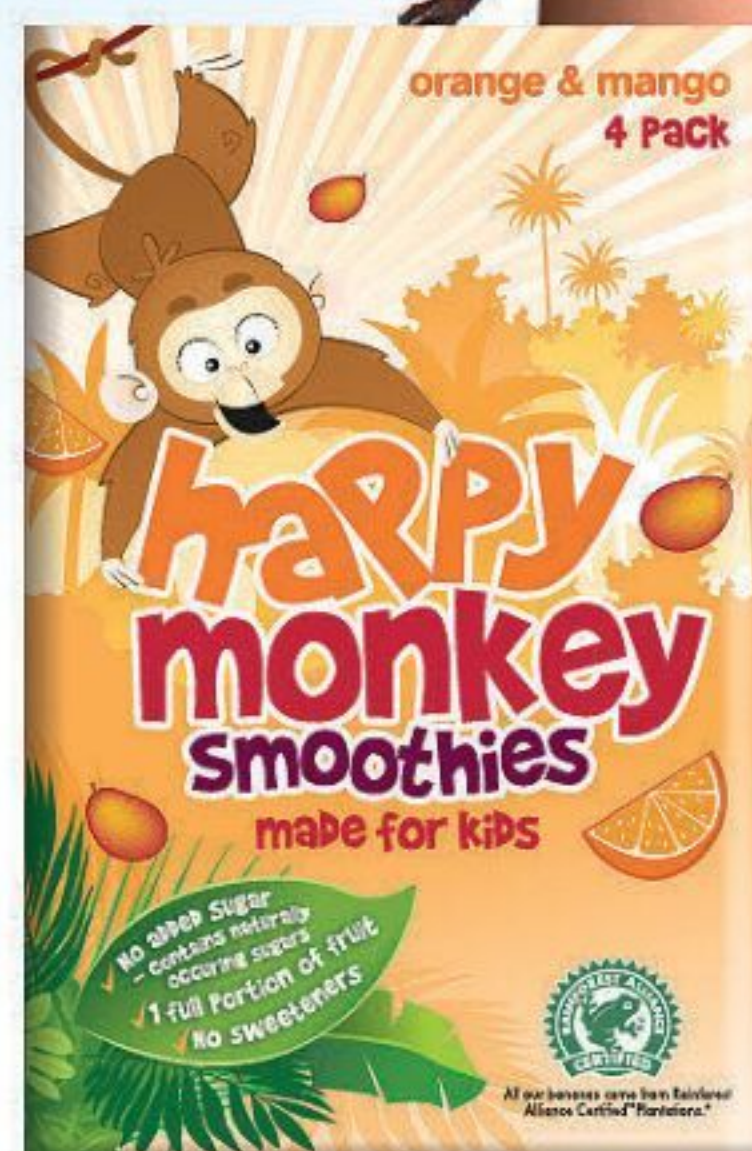
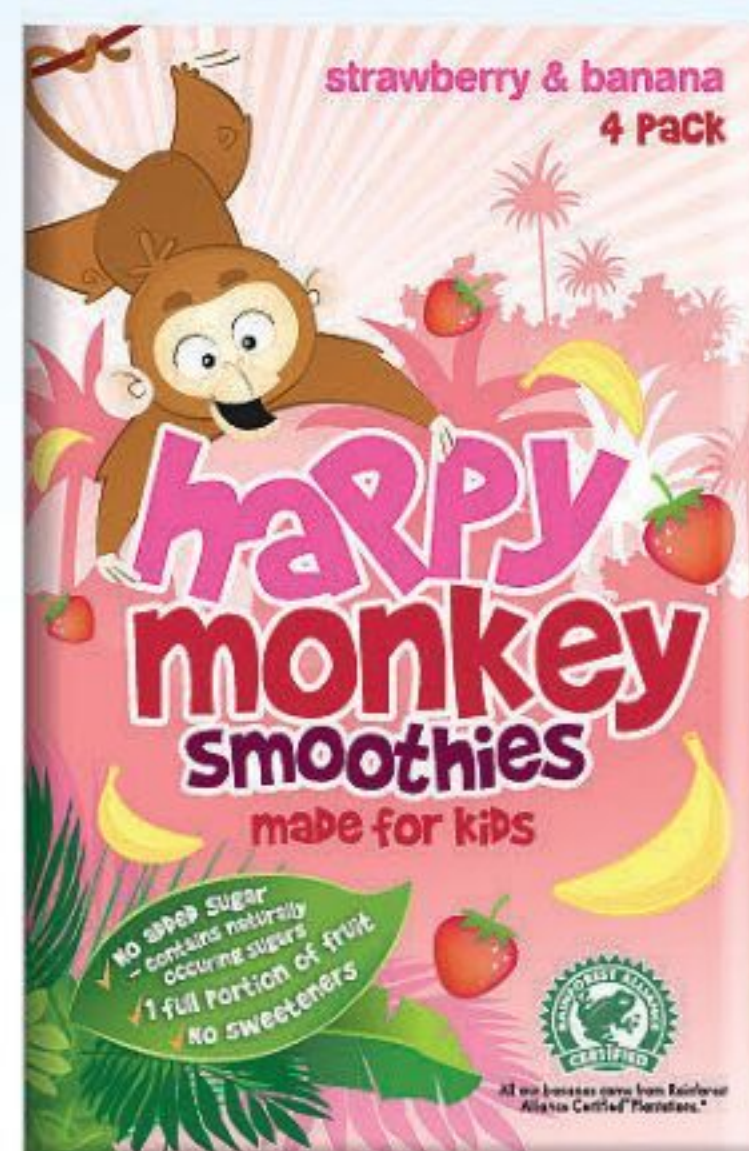
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# Great ESCAPES

THE FIR HILL ESTATE

## Cornwall

ASSOCIATE EDITOR SARAH MABER GOES  
GLAMPING NEAR NEWQUAY WITH HER FAMILY

'I'm not getting in that – it's a tsunami!' Seth edges into the sea, warily gripping his dad's hand, while I try to persuade his sister, Martha, to have a dip. When I next check, half an hour later, he's jumping and diving through chest-height waves, shouting: 'This is brilliant!', oblivious to the chill that has descended on the beach. I can see his point. The waves are so powerful that surfers, bodyboarders and swimmers line up to be swept in to the beach – a two-mile stretch of golden sand that curves towards Newquay. Tucked into the surrounding cliff is a cafe and shop selling bodyboards, floats, goggles, snorkels, buckets and spades; bronzed locals, wetsuits unzipped to the waist and surfboards under their arms, pad down the slipway towards the waves.

This is Watgate Bay, where we've headed for the first afternoon of our holiday on the Cornish coast. We arrived earlier at our 'glampsite', the historic Fir Hill Estate – 62 acres of secluded meadows and

woodlands. The brays and whinnies of various animals drift towards us over thick hedges, flecked with dock leaves and thistledown. Birds sing loudly in the ancient trees, and city life suddenly ceases to exist.

The Fir Hill Estate has been owned by the Hoblyn family since the 16th century and we are met by Charlie Hoblyn, who took over in 2012, restored the grounds and launched his 21st-century venture – an off-grid glamping retreat. Nestled in the woodland is a spacious meadow, dotted with 12 spacious yurts – each with its own terrace, firepit and outdoor kitchenette. They are breathtakingly beautiful, especially if – like us – you are seasoned campers but new to glamping. To date, the kids' abiding memories of sleeping under canvas involve deflated mattresses, cold, hard floors, and playing cards under a dripping fly sheet.

Never have they seen camping like this. Not only is there a proper floor, but there are also lamps, art on the walls, mirrors, dressing tables, rugs and double beds. There's also a log burner... but we don't need it. Even with a fresh breeze blowing in from the Atlantic across the campsite, it's as warm as freshly baked scones inside our yurt. We pick up fish and chips on the way back from the beach and eat them beneath the stars on the decking before turning in for the night, luxuriating in the comfy beds and freshly laundered sheets. Finally, we fall asleep to the sound of owls hooting and the distant chatter of other guests.

The facilities are all centred around a couple of new barns, with bathrooms, a kitchen (complete with coffee machine and NutriBullet), and a TV area with countless plugs for charging phones. After hot

showers, we drive around Newquay to get our bearings (my husband is particularly amused by the key cutting shop called 'New Keys') and find parking right opposite the Fore Street Cafe Bar, where we're booked for brunch. Fore Street, with its eclectic shops, cafes and bars, is the centre of Newquay's emerging foodie scene, and our delicious brunch is the stuff breakfast dreams are made of. Seth tucks in to smoked salmon and scrambled eggs; Martha opts for a delicious granola bowl; I fall in love with the vegan breakfast and Rufus swoons over the full English.

It's back to the beach in the afternoon, and then another trip into Newquay, this time for dinner at 12 Beach Road, which overlooks the fabulous Towan Beach. The menu includes Cornish fish, grills and sourdough pizza, but Seth's teriyaki cauliflower and my shrimp tacos with aioli were highlights and absolutely delicious.



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PLANNING A TRIP NOW  
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THE FUTURE!







Clockwise from far left: Associate editor Sarah and family; Watergate Bay; a yurt at The Fir Hill Estate with outdoor kitchenette; Seth learns to surf; popcorn shrimp tacos, served at 12 Beach Road



## HOW TO BOOK

Yurts at The Fir Hill Estate are available for weekend, midweek and one-week stays from May to October. Prices start from £110 per night. For more information visit [thefirhill.co.uk](http://thefirhill.co.uk). Surf lesson prices start at £35; book at [quiksilverurfschoolnewquay.com](http://quiksilverurfschoolnewquay.com)

After dinner, we decide to walk down the hill towards the beach when we hear a shout of 'watch out!' behind us. We squeeze in to the side of the road and just manage to avoid a well-refreshed holidaymaker cannoning down to the beach in a canoe. This is Newquay, after all.

The next day, we head to the Bowgie Inn, a pub on the West Pentire headland with views overlooking Crantock Beach, a beautiful, Enid Blyton-esque cove surrounded by high cliffs. We make our way to the sea, clambering over rocky paths and sand dunes, with the sounds of huge breakers smashing against rocks in our ears and the caw of seagulls screeching overhead. Sea pinks dot the cliffs and briar-tangled hedgerows sing with birds. It's truly idyllic.

As the path winds onwards, we find ourselves looking down at Crantock Beach from the top of a dune. We start to descend – but almost as soon as we set foot on the

beach below, huge raindrops start to fall. Rather than risk a full drenching, we scurry back to the car and drive to The Cove restaurant for lunch, which serves up stunning views of South Fistral Beach alongside a delicious menu. We tuck in to fish and chips and burgers, but Seth declares the best bit to be his hot chocolate, which involves swirling an actual chunk of chocolate, set lollipop-like at the end of a stirring stick, into hot milk.

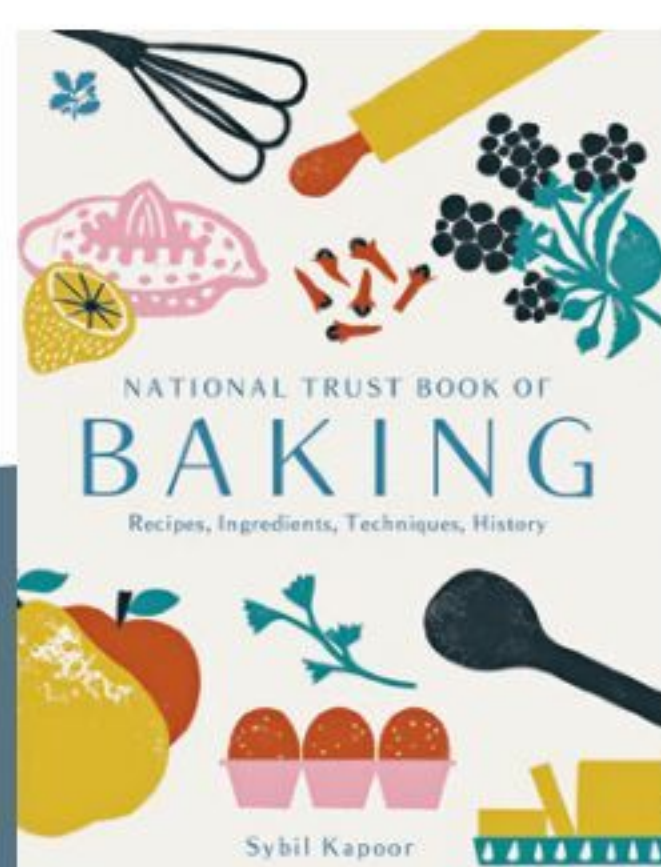
Later in the afternoon, the kids are booked in for a surfing lesson (Seth happily, Martha reluctantly) with the Quiksilver Surf School. As they stagger down the sand clutching surfboards, we perch on rocks on the beach, sipping coffee and relishing the peace. I keep a watchful eye on Martha, and am thrilled to see her wobble, then stand, on her board as the sea carries her to shore. 'This is brilliant!' she shouts. You see? The waves here work their magic on everyone. ■



# Crossword

Test your foodie knowledge with this month's crossword and you could win a new cookbook

[SAINSBURYSMAGAZINE.CO.UK/WIN](https://www.sainsburysmagazine.co.uk/win)



**WIN!**

For a chance to win one of three copies of *National Trust Book of Baking* by Sybil Kapoor (National Trust Books, £16.99), complete the crossword to reveal 14 shaded letters that can be rearranged to form a foodie phrase.

## ACROSS

- 8** Derived from the stamens of a species of crocus, the world's most-expensive spice (7)  
**9** Crumbly French cheese, matured in ancient caves (9)  
**11** Pastry used for baklava and apple strudel (4)  
**12** Dried plum used for puddings, stews, spiced red cabbage or devils on horseback (5)  
**13** Tropical berry said to combine the flavours of cinnamon, nutmeg and cloves (8)  
**14** Dish of skewered meat, similar to Japanese yakitori or Greek souvlaki (5)  
**15** Fish cured in fresh citrus juices (7)  
**17** Shape of a yum-yum doughnut or a type of cheese straw (5)  
**21** Word used to describe the flavour of salted snacks such as crisps or dry-roasted peanuts (7)  
**23** Any of a number of edible plants described in a book by Nicholas Culpeper (4)

- 25** Vegetable whose daikon variety is used to make kimchi with cabbage (6)  
**28** Herb used to flavour smoked salmon, gherkins or fish pie (4)  
**30** Preserve traditionally made from quinces or Seville oranges (9)  
**31** \_\_\_ mess; strawberries and cream with meringue (4)  
**32** Bulb vegetable with an aniseed-like flavour, often served with fish (6)  
**33** Botanical word for an apple, pear or quince (4)  
**35** Greek wine flavoured with pine resin (7)  
**38** Seed of a cherry or peach (5)  
**40** Spanish punch made with red wine and fruit (7)

- 42** Ginger biscuits or thins (5)  
**46** Edible fungus used to make *duxelles* (8)  
**48** Base ingredient for bread, pastry, batter and roux (5)  
**49** Beverage such as Gewürztraminer (4)  
**50** Somewhat yellow-coloured variety of the beverage described in 49 Across (9)  
**51** Black \_\_\_; molasses used for cloutie dumpling (7)

## DOWN

- 1** Italian dessert of espresso poured over vanilla gelato (8)  
**2** Vine berry served in sole Véronique or Waldorf salad (5)  
**3** Another word for a tea ball (7)  
**4** Variety of French cheese (4)  
**5** Butternut \_\_\_; type of gourd (6)

- 6** Brand of blended Scotch whisky (5)  
**7** Food or dish often served as part of the *primo* course of a meal (4)  
**8** Segment of cake or pizza; or, a utensil for lifting a fish from a pan (5)  
**10** Mexican dish of tortillas with meat sauce, cheese, salsa, etc (5)  
**16** Frozen water, used to garnish gazpacho (3)

- 18** Shape of a chunk of potato or cheese, for example (5)  
**19** Breadcrumb-like topping for Bramley apples (7)  
**20** Appliance in which ice cream is stored (7)  
**22** Herb whose seeds are used to impart their liquorice flavour to pastis, biscotti and absinthe (5)  
**24** General word for a legume in the Brazilian stew *feijoada* (4)  
**26** The Silver \_\_\_; collection of traditional Italian recipes (5)  
**27** Another word for a dram or splash of a liquid ingredient (4)  
**29** Sheets, tablecloths, napkins, etc, collectively (5)  
**34** Type of cup for tea or coffee (3)  
**36** Snack of bread with a filling that was invented by an earl (8)  
**37** Northern Italian dish of arborio rice simmered in stock (7)  
**39** Baskets for garden fruit and flowers (5)  
**41** Nut-like seed used to make *ricciarelli* or *pithivier* (6)  
**43** \_\_\_ *rigate*; tubes of pasta with ribbed surfaces (5)  
**44** Brand of soya and linseed bread (5)  
**45** \_\_\_ salad; mix of feta, tomatoes, olives and cucumber (5)  
**47** Word linking with 'cocktail' or 'happy' for a time Italian's call *aperitivo* (4)  
**48** Vertebrate such as a cod eaten as part of a flexitarian diet (4)

For a list of answers and the hidden phrase, visit [sainsburysmagazine.co.uk/crossword](https://www.sainsburysmagazine.co.uk/crossword) from 1 June 2021

## HOW TO ENTER

- To enter online, fill in the hidden phrase and your details at [sainsburysmagazine.co.uk/win](https://www.sainsburysmagazine.co.uk/win)
- Closing date 31 May 2021 at 23:59

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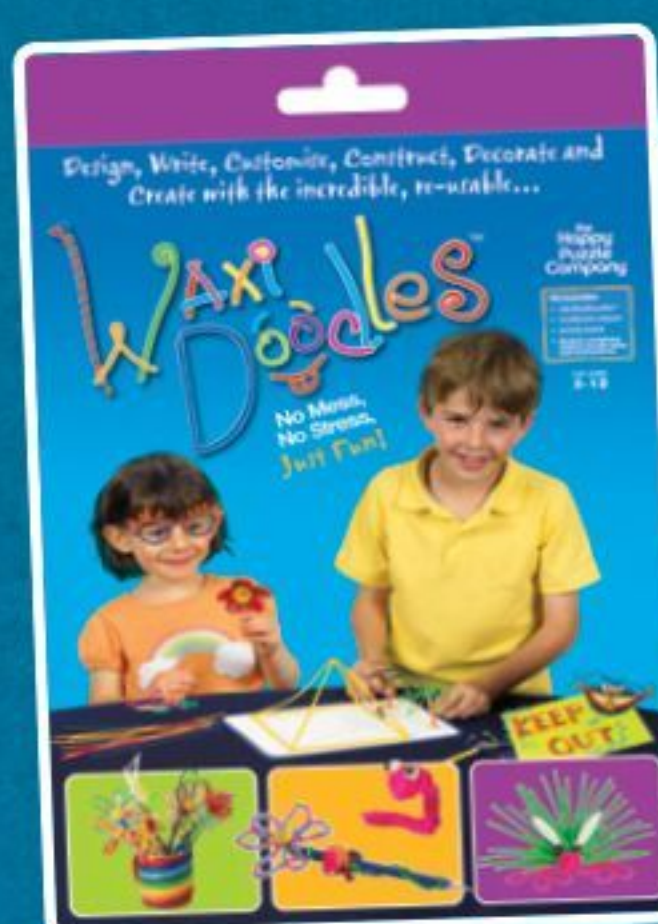
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PHOTOGRAPH: ANTI DUNCAN

## ***We're heading outside...***

Fresh-air feasts ♦ Best-ever barbecue ♦ Mediterranean meals

**Don't miss the next issue on sale 5 May**



# SPICED SALMON WITH JEWELLED RICE SALAD

This Middle Eastern-inspired meal is lovely to look at and delicious to eat

RECIPE **SARAH AKHURST** PHOTOGRAPH **MARTIN POOLE**

**SERVES 4** **GF** **HANDS-ON TIME** 35 MINS **TOTAL TIME** 40 MINS, PLUS COOLING

- ◆ 4 x 120g salmon fillets
- ◆ 1 tsp baharat spice mix
- ◆ 75g Greek yogurt
- ◆ ½ tbsp tahini
- ◆ juice of ½ lemon

*For the jewelled rice salad*

- ◆ 150g basmati rice
- ◆ pinch of saffron threads
- ◆ 1 cinnamon stick
- ◆ 6 cardamom pods, lightly bashed
- ◆ 2 tbsp olive oil
- ◆ 2 onions, finely sliced
- ◆ 1 x 380g carton cooked green lentils, rinsed and drained
- ◆ 80g pomegranate seeds
- ◆ 50g golden raisins, or use jumbo raisins and cranberries mix
- ◆ 50g pistachio kernels, roughly chopped
- ◆ large handful each of mint, flat-leaf parsley and dill, roughly chopped
- ◆ 1 tbsp pomegranate molasses
- ◆ zest of 1 lemon and juice of ½ lemon

- 1** Preheat the oven to 200°C, fan 180°C, gas 6. For the rice salad, rinse the rice in cold water until it runs clear. Bring a large pan of water to the boil and add the rice, saffron, cinnamon stick and cardamom pods along with some salt. Cook for 10 minutes, or until tender. Drain well and leave to steam dry.
- 2** Heat half the oil in a large frying pan and gently fry the onions for 10-12 minutes or until soft. Discard the cinnamon stick and cardamom pods from the rice then add the rice to the onions, along with the lentils. Stir to combine and turn off the heat. Leave to cool to room temperature.
- 3** Add the pomegranate seeds, golden raisins, pistachios and herbs to the rice and lentils and stir to combine. Whisk the remaining tablespoon of oil with the pomegranate molasses, lemon zest and juice and then drizzle this over the rice salad. Stir well and season to taste.

- 4** Dust the salmon fillets with the baharat spice mix and some salt and put them, skin-side down, in a non-stick, ovenproof frying pan. Turn to a medium heat and fry for 1-2 minutes until the skin has started to crisp, then flip the fillets over. Transfer to the oven and bake for 8-10 minutes, until the salmon is just cooked through.
  - 5** Meanwhile, whisk together the yogurt, tahini and lemon juice to a drizzling consistency, adding a splash of water to let it down if necessary.
  - 6** Serve the salmon with the jewelled rice salad and drizzle over some of the tahini yogurt.
- 682cals; 34g fat (7g sat fat); 37g protein; 7g fibre; 53g carbs; 18g total sugars; 0.2g salt

» **GET AHEAD**  
Make the jewelled rice salad a few hours ahead.

FOOD STYLING: KIM MORPHEW. PROP STYLING: TONY HUTCHINSON





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